

Preserving Your Story

Getting Started

- **Block your life into manageable pieces (decades are good)**
- **Identify five or six significant events or items per decade. Write them on 3x5” cards and store in a recipe box.**
- **Regularly (daily) pick out a few of the cards, which interest you, the most (they need not be in chronological order.) Take the cards with you and in the morning, over coffee, or any time you have a few minutes write a brief summary (50 to 100 words) on the card. Return the completed cards to the box at the end of the day.**
- **Periodically look over the completed cards to determine if:**
 - + **you would like to write any additional detail, or**
 - + **other events or items are brought to mind.**
- **Look through your family photographs to see if you have pictures associated with the events. Place the completed cards and pictures together in your safety deposit box.**
- **Once a year take the items from the safety deposit box and use the information (just the way we did in high school and college) to write a personal history. Depending upon how many cards were completed it will be a collection of memories or a complete book.**
- **Give copies to your family members, present a copy to the local genealogical or historical society.**
- **Even if you do not write any more detail, your family will find a wonderful treasure when they open your safety deposit box.**