



Preserving Our Life Stories

Ruth McCully
November 8, 2019

1

TODAY WE WILL COVER

- What is a life story
- Why is it important
- Stumbling blocks to preserving our memories
- Benefits
- Methods
- Tips

2

OUR GRANDPARENTS

- What do you know about them
- How they met
- Their hopes and dreams
- What they did for fun
- Was she a good cook? What was his favorite sport?
- What were their fears, how did they overcome them, greatest accomplishments
- What did they say about your parents as children



3

Our Memories

All the stories of our lives - everything you learned from your mother, every story your father ever told you LIVES in our MEMORIES

When we're gone, those stories are gone

All the wonderful stories told to you

All the stories that you can tell about your life

Someday your children, grandchildren and great grandchildren will wish all your stories were preserved

4

Capture your personal and family stories before it's too late

We know the stories about famous people. But, we don't know the stories of own families - our parents and grandparents.



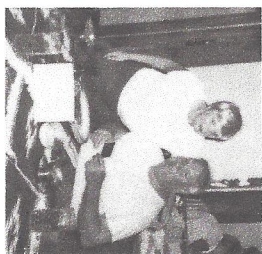
5

Everyone's life story is interesting and Unique

We grew up in a world entirely foreign to our children and grandchildren.

The things we did as kids are as remote from children today as Earth is to Mars.

Today's young people need to hear our stories so they will know how we got here



6

Choose one

*How did you get
your first name?
or
What is your
earliest happy
memory?*



7

Why Don't We Preserve Our Stories

Human Nature

We have the best intentions, but life gets in the way

There's no time

We don't know where or how to begin

We get distracted and never finish

We keep putting it off ... until it's too late

8

Benefits to the Storyteller

Increase self-esteem and satisfaction with life

Appreciation for own struggles, accomplishments

How courageous you were, the influences in your life and why you chose a certain path

Wider vision of your life and what your life means to your family and your community

Gain insight into meaningful events

Your life has made a difference



9

It is Never Too Soon

We go through our days as there is an endless flow of tomorrows

Unexpected Health Changes

Estate Planning for material things

But what about the legacy of your values, beliefs, experiences, hopes and dreams

How do these get passed on to your loved ones

A priceless legacy that teaches, inspires and encourages those who follow



10

Methods

Writing

Audio recording

Video recording

Writing Assistance

11

Writing

Set a schedule

One Story at a Time

Write from the heart

Classes and workshops

Workbooks

12

Where do you start?

Start with the big events

Life story Interview Questions, Life Interview Questions at www.legacyproject.com, or questions from www.StoryCorps.com

Your Interests, pets, travels

Favorite Recipes

Objects

Photographs

Things that interest you

13

Tips

When you write about things that interest you, you will keep writing

Write about your feelings

Include details that compare and contrast life today to life back when

We all remember things differently, and these are your memories.

Rely on mementos, heirlooms, photographs as prompts

14

Audiorecording

Audio Recorder

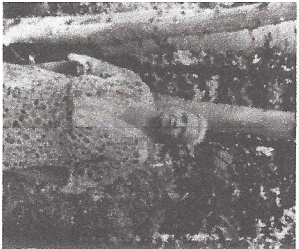
Conduct an Interview

Record personal stories

Set in the center of a dining table*

Use Interview Questions as a guide, or just use one question

StoryCorps, The Great Thanksgiving Listen



15

The Great Thanksgiving Listen

www.StoryCorps.org, www.thegreatlisten.org

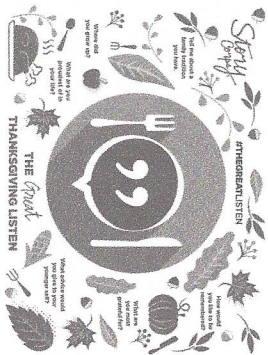
STORYCORPS APP

Great Questions List

Recipe for Success on Interview Day

Can be kept private or available to StoryCorps Community

16



Thanksgiving Placemat: A prompt to get the conversation started across generations

<https://storycorps.org/staging/s3.amazonaws.com/uploads/91TL2019-Placemat.pdf>

17



If you leave your children your stories, you leave them a vital, living part of you
You won't find these stories on a family tree, but they will bring the names on the family tree to life

18

Be A Life Preserver

Questions

Thank you
