



Tips for Capturing Memories

While preparing to record your stories, you will often remember things at odd times that you want to be sure are included. A great way to capture them is to write them on a notepad...paper or digital. But don't write down the entire story...just jot down three or four words that uniquely summarize the event.

These 3 or 4 words:

- should be as specific as possible
- should include a person, place or thing
- should uniquely refer to that particular memory
- do not need to be a phrase or sentence

Other resources:

Photographs, diaries or journals, old letters, yearbooks, newspaper clippings, legal documents, etc.

Ways to organize your story:

- Chronologically by decade
- By time periods: ancestors, childhood, teen years, working life, retirement, etc.
- Split your life into seven-year periods each representing a month of the year eg: 0-7 yrs old (January), 8-14 (February), etc.
- By topic: family, school, free time/hobbies or interests, military or voluntary service, work life/career, travel, words of wisdom
- Draw a time line on a large sheet of paper and use different colors or other items to illustrate

When it's time to record or write your life history, you'll have stories readily available!