



Peace of Mind Planning Writing Your Personal History

Sponsored by:
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Suggestions to consider in writing or recording your personal history.

Your encouragement and counsel to your descendants: carrying on family traditions, and activities: their obligations to their country, church, family; your belief regarding God, etc ... Never underestimate the effect you may have on unborn generations in helping the through trials and tribulations of life by the written word or verbal advice you leave. If you would like them to live upright honest lives; give them the benefit of your experiences. They will appreciate your life story as a precious treasure.

Hints on writing your life story: tell your story plainly and with directness: write truthfully of uplifting, refined and honorable occurrences and experiences. Humor helps to make for easier reading. If you can give the whys of your decisions and changes in activities, it may help others. Illustrate with as many pictures as possible.

Make copies and give one to each child, grandchild, local and national libraries and/or historical societies.

One fun way to do this activity would be to have grandchildren interview Grandma or Grandpa and ask a few questions and record on their phones.

- ❖ Talk about your birth
 - Birthday
 - Where were you born?
 - Parents full names?
 - Special memory told to you about your birth?
- ❖ Talk about your childhood
 - Health Issues / Significant Diseases / Accidents
 - Special Vacations / Trips / Adventures
 - Unusual Stories / Happenings
 - Visits with Grandparents
- ❖ Sibling Memories
 - Siblings Names / Birthdays / Places of Birth
 - Sibling Accomplishments
 - Spouses / Dates of Marriage / Nieces & Nephews
 - Special Memories with Siblings

- ❖ Your school days:
 - Schools attended
 - Favorite Teachers /Courses / School Activities
 - School Achievements
 - Funny Stories
 - Special People Who Left Lasting Memories
- ❖ Your Favorite Activities School Age and Beyond
 - Jobs
 - Travel
 - Church Functions
 - Sports / Hobbies / Scouting
 - Funny Stories
- ❖ Your courtship and marriage
 - Talk About Meeting Your Spouse / Spouses
 - Special Dates
 - First Time Meeting
 - Proposal
 - Wedding / Honeymoon
 - Meeting the In Laws
 - What Made Your Spouse So Special
- ❖ Married Life
 - Homes / Locations / States
 - Jobs
 - Promotions
 - Special Achievements
- ❖ Your Children
 - Names, Birthdates and Places of birth
 - Special Characteristics
 - Favorite Memories
- ❖ Any Military, Civic or Political Activities
 - Positions Held
 - Services Rendered
 - Clubs, Fraternities, Lodges you Joined.

- ❖ Your Church Activities:
 - Youth through Adult
- ❖ Special Memories: Favorite Movies, Books, Adventures
- ❖ Plans and Hopes for the Future
- ❖ Your ancestors: your impressions of those you knew personally, general sketch of those you did not know.