

Why sharing your memories and recording your stories is a true act of kindness for your family.

Dear friend,

I am so delighted to hear that your family would like you to recall and record some of your memories and stories. For some, this may seem like a strange, idea or feel daunting, so I thought I would share a few thoughts on why recording your stories can be a true act of kindness for your whole family.

1. It's not just about you

I know this sounds harsh, but it's true. Of course, your memories are your memories but, it is also important for your children and grandchildren to know where they came from, to know their family story and their identity. Sharing and recording your memories of the important people, places and events in your life as well as stories that have been passed to you is a hugely valuable gift you can give to your family.

2. Everyone has a story worth telling

Some people believe that they haven't lived a very interesting life and have nothing or little to say. While you may have lived a quiet life, everyone has a story worth telling. You have lived through a different time from younger relatives, with your own unique ideas, dreams, ambitions, challenges and skills. Your life experiences are worth capturing and recording.

3. It doesn't have to be a big and daunting task

Maybe you are not sure where to start, what to say, or how to say it, or perhaps you are concerned that it will be too much work. These are totally reasonable concerns, but, please, don't let this stop you. There is so much help available today; apps, books, family, friends, or professionals like me, who can help you through the process of recalling and sharing your stories.

4. You don't need to share everything

Perhaps you are concerned that there are certain stories or periods in your life that you don't wish to discuss, maybe memories that are too painful, or moments that are best left in your past. This is totally understandable, but does that mean all your stories should be left unrecorded? You can stay in control of the process and choose which topics to discuss and share, and what to leave unsaid.



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5. Busting a myth

I have been told many times that telling your life story is something that you do at the end of your life, so let me just say no, why wait and potentially miss the boat? Why not record your memories sooner, when you are young, vital and still enjoying life when your family can enjoy hearing and discussing your memories with you?

6. No regrets

Have you ever wondered about your own family history or wished that you had asked more questions or recorded your parents or grandparents' voices and memories? While that may be too late, we can try at least to give our children all the information that may like or need. They may not be interested now, but they are likely to be at some point in the future.

7. Its actually a lot of fun

My storytellers always tell me how life-affirming and comforting the process is, They tell me how much they enjoy recalling, reflecting, remembering and being listened to, really listened to, so why not just try it?

8. A huge honour and act of love and kindness

I often ask storytellers what makes them the most proud, and it's very often their family. Maybe this is your family's way of saying that they are proud of you, they value your stories, your wisdom and your words and isn't that just wonderful?

About The Story Keepers

We help to capture and preserve family stories, treasured memories, and recollections so that your children, grandchildren and future generations can know, enjoy and feel pride in their family identity. We create your Life Story Films, books and Audio Memoirs.

If you're interested in recording your story maybe in a book, as an audio recording or even in a life story film do email or call me. I am always delighted to discuss a project and see if I can be of any assistance.

For more information, email alice@thestorykeepers or call on 07903582474.



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