



# My Life Story ... to be continued



## **How to Begin, if you want to write your story yourself:**

Begin a list of relationships and events, that shaped your life. This list will change as time goes on, but from this list you will start to write your life stories.

### **To compile the list think about the following:**

- significant people in your life (parents, teachers, friends, co-workers)
- what were your hopes and dreams?
- what were your problems, how did you overcome them?
- look at yourself as a person, how would you describe yourself?
- look at positive and negative characteristics that run in your family
  - you may find a "theme" here.

To begin you likely will come up with a list of 20 to 30 items. Keep the list handy and add to it when something comes to mind. As you sort through your pictures this will add to your story topics. Keep adding to the list.

### **Eventually you may wish to group them, for instance:**

- my working life
- how I enjoyed sports as a participant and spectator
- the schools I went to
- larger than life experiences the real high points in my life (ie taking a parachute jump)
- in terms of decades what was important in your teens, 20's, 30's etc.



This list is vitally important. When you get bogged down with one topic you can always go to another on your list and keep writing. You will find eventually that some of your items don't seem important in the long run, while others can be combined in one story. You will find this list is the vital essence of your life story.

If you need more suggestions contact us. We have many ways to help you.

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