


**YES! You CAN write  
your life story!**

by Jolene Hunsaker



“Embrace your sacred memories.  
Believe them. Write them down.  
Share them with your family.  
Trust that they come to you from your  
Heavenly Father and his Beloved  
Son.”

Elder Neil L. Anderson

# Possible Subjects

- Birth / Childhood
- Education
- Mission
- Hobbies / Interests
- Vacations
- Holidays
- Testimony
- Spiritual experiences
- Gratitude / Blessings
- Challenges / Successes / What you learned
- Service
- Parents / Ancestors / Children
- Military
- Your Love For . . . the earth, seasons, cooking, recipes, etc.
- Family Sayings / Nicknames / Pranks
- Employment
- Health / Accidents / Illnesses
- Church Callings
- Heirlooms (tell a story) China, silver, jewelry, recipes
- Places you have lived
- Courtship / Marriage
- Raising family
- Music
- Pets
- Take a walk through mom's kitchen, dad's shop, etc.

# Starter Lines

- \* Through the years . . .
- \* I love the idea . . .
- \* What a wonderful thing . . .
- \* For many years . . .
- \* Don't give up . . .
- \* I'll confess, I often find . . .
- \* It's my feeling that . . .
- \* I admit I'd rather . . .
- \* I've always loved . . .
- \* Can you think of . . .
- \* And then, . . .
- \* I was pretty fussy about . . .
- \* One of the things I regret . . .
- \* President \_\_\_\_\_ taught . . .
- \* I found an interesting (thought, quote, example, etc.) . . .
- \* On a trip to . . .
- \* On the morning of . . .
- \* I did a lot of thinking about . . .
- \* Here is just one example . . .
- \* Why is it sometimes hard . . .
- \* If you're like me, . . .
- \* Let me tell you of an experience I had many years ago. . . .
- \* Here's what I have learned . . .
- \* So how can we know . . .
- \* The creator teaches us . . .
- \* I am reminded of . . .
- \* I love it that . . .
- \* My best pondering is when . . .
- \* Let's start this chapter with some questions. . . .
- \* When I was a little girl / boy, . . .
- \* At the time of . . .

Hey! It's a gray and drizzly day. Oh, and it just happens to be a Monday. That means FHE (Family Home Evening). How will I entertain my kids tonight? Doesn't look like volleyball in the backyard.

Well, I just happen to have an idea for you.

How about writing a bit of personal or family history.

Yes, I can hear the groaning clear over to my house. I know the routine. Believe me, I have heard it. I can't write, I can't spell, nothing exciting ever happens to me, etc., etc.

Believe me, I have the same excuses. I really am not a writer. I only write because of the inspiration of a college professor many years ago.

I want to share with you that very simple trick. And I do mean simple!! (Parents, you have to do this, too.)

Set a timer for 1 minute.

Write every single thing that pops into your mind. Do not suppress a single thought. Doesn't matter what it is.

That's it!

No required number of words, or pages, or correct spelling. Best of all ... no grade!

Well ok, maybe you didn't get anything on the page. No worries! Now list three reasons why you didn't.

That should be easy! Well look at that! You are a writer. The teacher in me calls that an opinion piece or maybe a self-reflection. Good work!

So, what does that have to do with writing your history? That's the next part. Use the same technique, this time with a subject.

Here is a family group idea:

Pick a history subject that all can agree on ... Christmas, family vacation, a fun relative ....

Choose a recorder, someone who can write fast.

Once again set that timer – maybe a little longer ... 2 minutes, 5 minutes, 20 minutes. You get the idea.

Have someone start calling out what they remember on the subject. And, just like that, you have the first piece of family history!

Whose turn was it for refreshments?

- Unknown

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