

# Documenting Your Life Story

A Guide to  
Creating a Legacy



**MAPLE RIDGE**  
FUNERAL CHAPEL

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# Preserving Your Memories is a Gift to the Future

By sharing your journey, you create a bridge between the past and the future, ensuring your story continues to inspire and connect those you love.



*Ancestors & History*

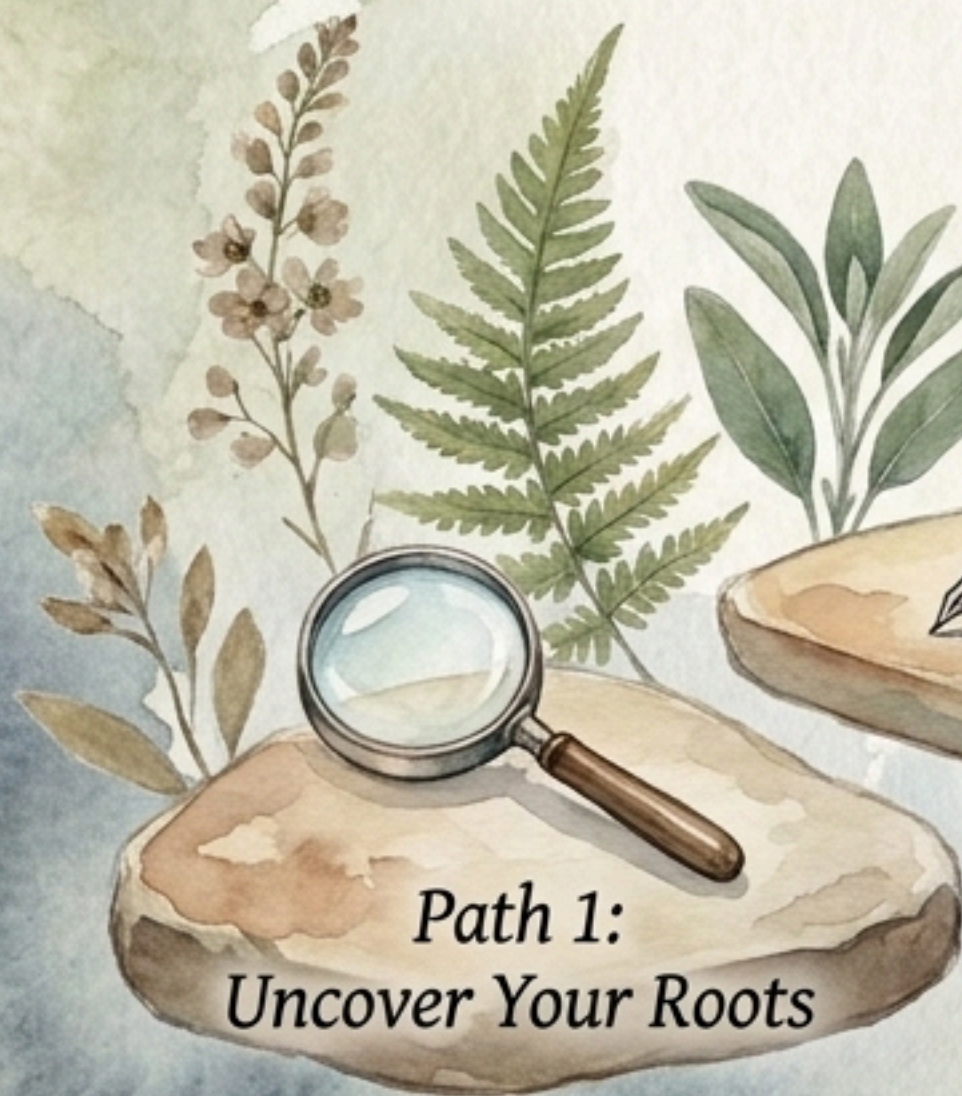
*Descendants & Future*

*Celebrate your legacy.*



# Your Journey, Your Path: Ways to Tell Your Story

Think of these as different paths on a beautiful journey. You can explore one, or wander through them all. Choose the one that speaks to you first.



*Path 1:  
Uncover Your Roots*



*Path 2: Tell Your Tale  
(Memoir)*



*Path 3: Capture  
Your Voice*



*Path 4: Map  
Your Heritage*



*Path 5:  
Honour Your Path  
(Milestones)*



# Where Should Your Journey Begin?

| <i>If you have...</i>                     | <i>If you are feeling...</i>              | <i>Your Best Starting Path</i>   |
|-------------------------------------------|-------------------------------------------|----------------------------------|
| Boxes of old photos and letters           | Curious about where you came from         | <i>Path 1: Uncover Roots</i>     |
| A quiet afternoon and a cup of tea        | Reflective and wanting to share lessons   | <i>Path 2: Write a Memoir</i>    |
| A smartphone and a conversational partner | Nostalgic but tired of writing            | <i>Path 3: Audio &amp; Video</i> |
| Names and dates of ancestors              | Analytical and wanting to map connections | <i>Path 4: Family Tree</i>       |
| Mementos, tickets, and diverse memories   | Ready to celebrate how far you've come    | <i>Path 5: Milestones</i>        |



# Uncovering Your Roots: The Treasure of Family History

Family history is a collection of memories, experiences, and connections that tell the story of your loved ones.

## Preserving Memories:

Saves precious memories before they fade away.

*(Tip: Set a small budget, e.g., 50 CAD, for acid-free archival storage boxes).*

## Understanding Roots:

Helps you understand where you come from.

## Connecting Generations:

Creates a bridge between past and future.

## Honouring Loved Ones:

Celebrates the lives of those who came before us.







# Giving Voice to Your Story: How to Write Your Memoir

Just as you might ask a friend about their favourite memory, it's important to reflect on your own feelings and experiences.

**Start with Key Moments:** *Begin with the most significant events that shaped who you are.*

**Reflect on Emotions:** *Dive into how these moments made you feel.*

**Include Personal Details:** *Add vivid descriptions of people and places.*

**Write for Future Generations:** *Share lessons and values you want to pass down.*



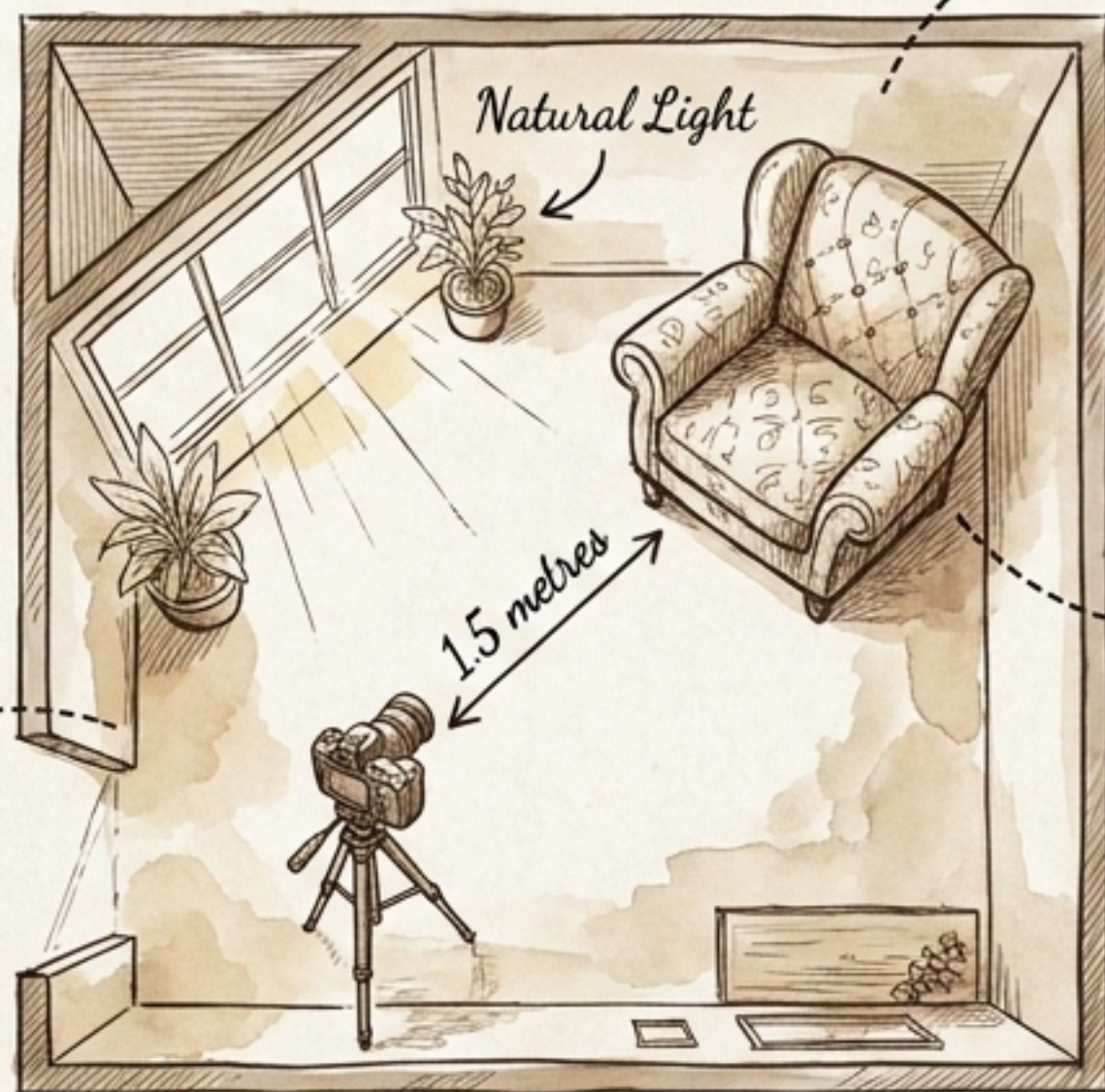
# Capturing Voices and Smiles Forever

## A Visual Guide to Your Home Studio Setup



1. Choose Your Format: Audio for intimacy; video for context.

2. Prepare Questions: Use open-ended prompts ('What was your childhood like?').



3. Set the Scene: Find a quiet space. Ensure you are far away from noisy home appliances, running taps, or washrooms.

4. Capture Authentic Moments: Let conversation flow naturally.

5. Preserve and Share: Save in multiple formats (cloud, USB).





# Charting Your Heritage: How to Create a Family Tree

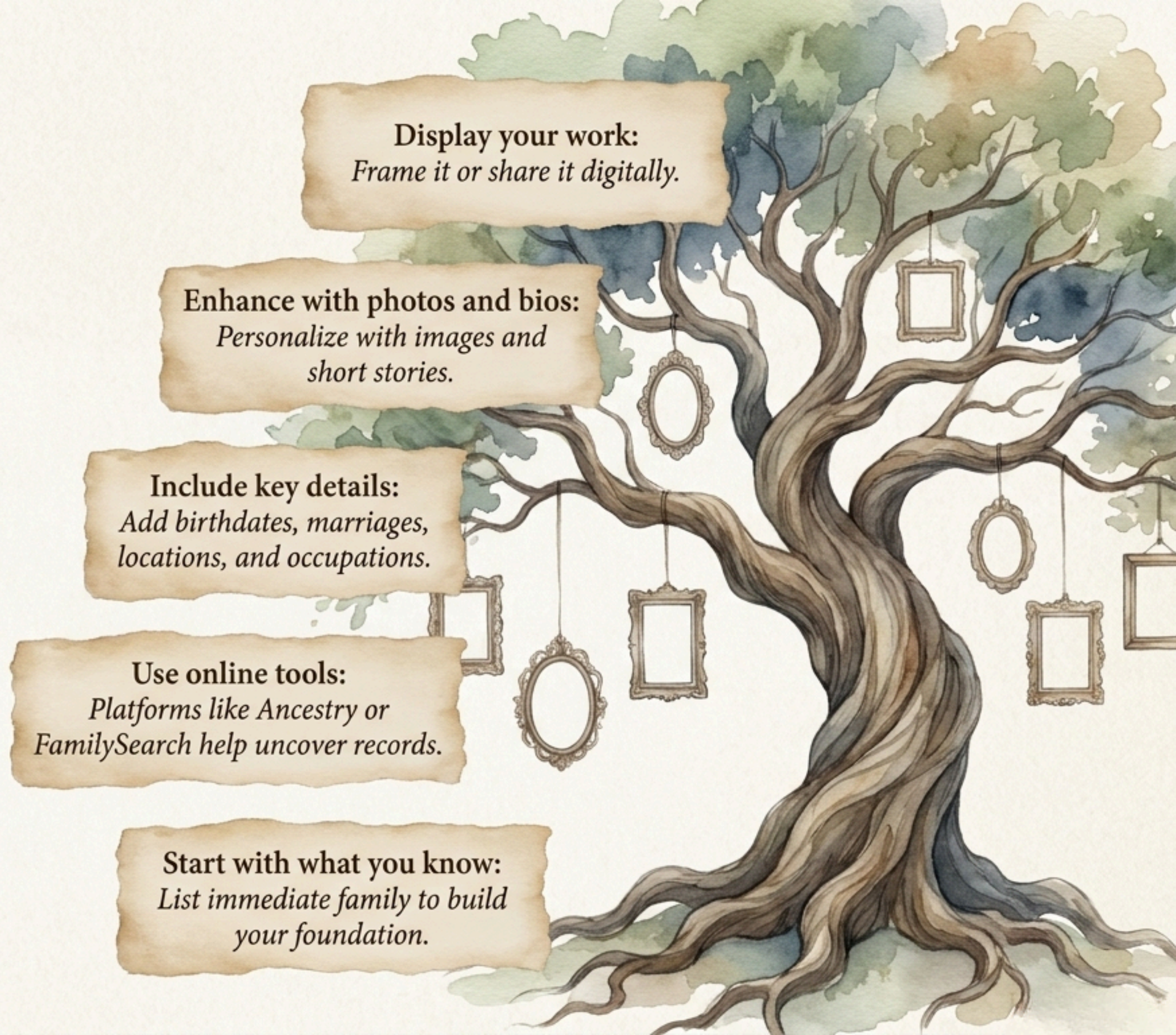
**Display your work:**  
*Frame it or share it digitally.*

**Enhance with photos and bios:**  
*Personalize with images and  
short stories.*

**Include key details:**  
*Add birthdates, marriages,  
locations, and occupations.*

**Use online tools:**  
*Platforms like Ancestry or  
FamilySearch help uncover records.*

**Start with what you know:**  
*List immediate family to build  
your foundation.*





# Celebrating the Fullness of Your Life's Journey

It's important to reflect on the lessons and growth from all experiences—even when the path feels tough.



Map Your  
Milestones:  
*Timeline of  
major events.*



Reflect on Growth:  
*How moments  
shaped your values.*



Preserve Visual  
Memories:  
*Add photos, tickets,  
or mementos.*



Honour Challenges:  
*Highlight obstacles  
overcome and  
lessons taught.*



Organize Creatively:  
*Use a scrapbook or  
digital tool.*



# Navigating the Emotional Tides of Your Past

It's natural to have questions, and some answers aren't easy. It's also okay to feel emotional or overwhelmed as you uncover your history.



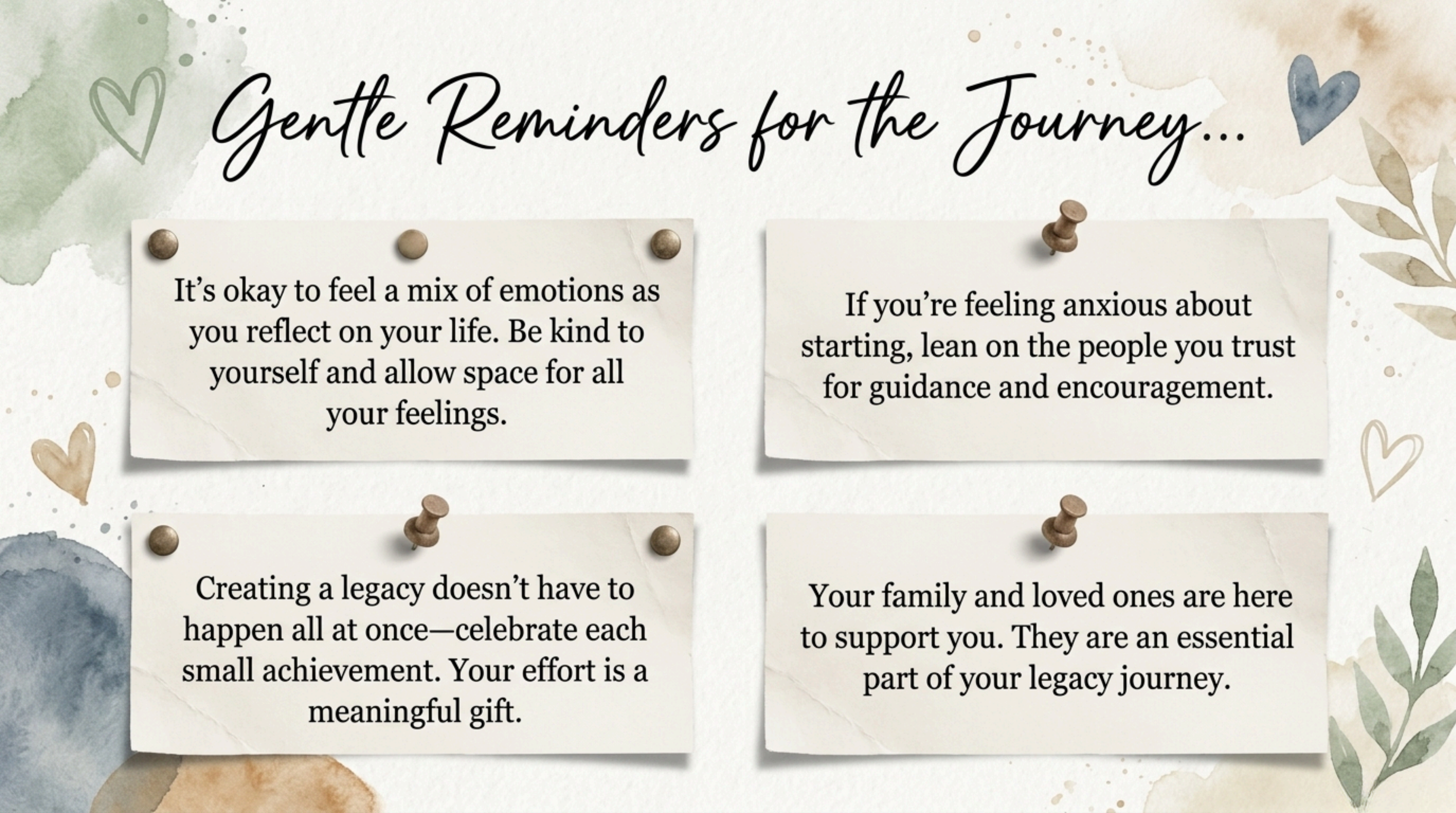
## Reach Out

*If unsure about something, talk to older relatives or trusted family. They may shed light on your family's journey.*

## Share Your Feelings

*Sharing discoveries with loved ones helps process what you learn and deepens connections.*





# Gentle Reminders for the Journey...

It's okay to feel a mix of emotions as you reflect on your life. Be kind to yourself and allow space for all your feelings.

If you're feeling anxious about starting, lean on the people you trust for guidance and encouragement.

Creating a legacy doesn't have to happen all at once—celebrate each small achievement. Your effort is a meaningful gift.

Your family and loved ones are here to support you. They are an essential part of your legacy journey.



# A Letter to the Future

*Consider including a  
heartfelt letter sharing your  
hopes, dreams, and advice...*

Consider including a heartfelt letter sharing your hopes, dreams, and advice for the generations to come. This personal touch adds profound emotional depth and meaning to your our legacy, speaking directly to the hearts of those who will follow in your footsteps.



# Sharing Your Story: The Legacy Collection



## Compile Your Legacy

Gather your memoir, photos, and recordings into a cohesive format.

## Share Digitally & Physically

Use cloud storage or USB drives, and create a printed book or photo album.

## Host a Family Gathering

Present your project at a special event to celebrate your shared history.



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