

As members of **The Church of Jesus Christ of Latter-day Saints**, we believe in the importance of preserving our personal histories. Here's a step-by-step guide to help you get started on writing your life story:

Training Program: Writing Your Life Story

Lesson 1: The Importance of Personal Histories

- **Learning Objectives:**
 - Understand the doctrinal significance of recording personal histories.
 - Recognize the impact of individual stories on future generations.
- **Duration:** 30 minutes
- **Speaker Notes:**
 - Share scriptures and teachings that emphasize the importance of recording our lives (e.g., Malachi 4:6, D&C 128:24).
 - Discuss how personal histories connect us to our ancestors and strengthen family bonds.
 - According to the Church of Jesus Christ of Latter-day Saints, recording our own life story is important because:
 - It helps us see and understand the hand of God in our lives (see 1 Nephi 19:22; Omni 1:17; Mosiah 1:3).
 - Reviewing sacred records and histories can lead to revelation and knowledge (see 1 Nephi 5:17; Doctrine and Covenants 93:53).
 - Our personal records may not become part of the official records of the Church, but they are important to us and our children. Some of the most inspiring history comes from the diaries and journals of everyday people.
 - We gain strength from the stories of those who have gone before.

In addition to the above, recording your life story can also be a great way to:

- Share your experiences and wisdom with future generations.
- Leave a lasting legacy for your family.
- Gain a better understanding of yourself and your life journey.

- **Homework Assignment:**
 - Write a brief reflection on why you want to record your life story.
- **Resources:** [The Sacred Duty of Record Keeping](#) by Elder Steven E. Snow, General Authority Seventy and Church Historian and Recorder
<https://www.churchofjesuschrist.org/study/ensign/2019/04/the-sacred-duty-of-record-keeping?lang=eng>

Lesson 2: Choosing Your Focus

- **Learning Objectives:**

- Decide on the scope of your life story.
- Identify key themes or events to include.
- **Duration:** 30 minutes
- **Speaker Notes:**
 - Discuss different approaches (chronological, thematic, etc.) to structuring your life story.
 - Encourage participants to choose a focus that resonates with them.
- **Homework Assignment:**
 - Create a rough outline of your life story, highlighting significant moments.

Lesson 3: Gathering Memories

- **Learning Objectives:**
 - Collect memories, photos, and documents.
 - Interview family members for additional insights.
- **Duration:** 30 minutes
- **Speaker Notes:**
 - Explain the importance of gathering materials for your life story.
 - Share tips for conducting family interviews.
- **Homework Assignment:**

Interview a family member and record their memories related to your life.

Lesson 4: Step-by-Step Guides for children, adults, and seniors to complete life stories within a year

Guide for Children (Ages 8-12) Daily Action Plan:

Day 1: Write your full name and why you were named that.

Day 2: Describe your earliest memory.

Day 3: Share a funny or memorable family story.

Day 4: Draw a picture of your favorite place.

Day 5: Write about a special tradition in your family.

Day 6: Interview an older relative (ask about their childhood).

Day 7: Record your favorite food and why you love it.

Questions to Answer:

What makes you unique?

Who are your best friends, and what adventures have you had together?

What do you dream of becoming when you grow up?

What's the most exciting thing you've ever done?

Guide for Adults (Ages 18-60)

Daily Action Plan:

Day 1: Reflect on your childhood home—describe it in detail.

Day 2: Write about your first job or career choice.

Day 3: Recall your favorite family vacation.

Day 4: Share a life philosophy or lesson you've learned.

Day 5: Interview your parents about their lives.

Day 6: Describe a turning point or major life event.

Day 7: Write about your proudest achievement.

Questions to Answer:

What were your dreams and aspirations as a young adult?
How did you meet your spouse or partner?
What challenges have you overcome?
What legacy do you want to leave for future generations?

Guide for Seniors (Ages 60+)

Daily Action Plan:

Day 1: Reflect on your earliest memories—share them.
Day 2: Write about your parents' occupations and their impact on you.
Day 3: Describe your favorite family holiday traditions.
Day 4: Recall your most rewarding life experience.
Day 5: Interview your grandchildren about their lives.
Day 6: Write about your life during significant historical events.
Day 7: Share a piece of advice for future generations.

Questions to Answer:

What wisdom would you pass on to your younger self?
How has aging changed your perspective on life?
What legacy do you want to leave for your family?
What are your hopes for the future?

Remember, each day's small effort adds up to a rich life story. Capture memories, share experiences, and celebrate your unique journey!

References: **FamilySearch's 52 Questions** <https://www.familysearch.org/en/blog/52-questions-in-52-weeks-writing-your-life-story-has-never-been-easier>
and **Institute on Aging Memoir Writing Prompts** <https://www.ioaging.org/aging/8-memoir-writing-prompts-for-older-adults-how-to-write-your-life-story/>

Lesson 4: Writing Techniques

- **Learning Objectives:**
 - Explore different writing styles (narrative, descriptive, etc.).
 - Practice writing a short vignette from your life.
- **Duration:** 30 minutes
- **Speaker Notes:**
 - Discuss techniques for engaging storytelling.
 - Encourage participants to write a brief scene or memory.
- **Homework Assignment:**
 - Write a short paragraph describing a significant event from your past.

Lesson 5: Editing and Polishing

- **Learning Objectives:**
 - Review and revise your written content.
 - Seek feedback from others.
- **Duration:** 30 minutes
- **Speaker Notes:**
 - Emphasize the importance of editing for clarity and coherence.
 - Suggest sharing your work with a trusted friend or family member.

- **Homework Assignment:**
 - Edit and refine the paragraph from Lesson 4.

Lesson 6: Sharing and Preserving

- **Learning Objectives:**
 - Explore publishing options (personal journals, blogs, books).
 - Discuss digital preservation methods.
- **Duration:** 30 minutes
- **Speaker Notes:**
 - Present various ways to share your life story (e.g., printed books, online platforms).
 - Highlight the value of preserving digital copies for future generations.
- **Homework Assignment:**
 - Choose a method for sharing your life story and take steps toward implementation.

Remember, your life story matters. By writing it down, you create a legacy that will inspire and bless your posterity. 📖 ✨

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1 psychologytoday.com2 health.harvard.edu3 atonce.com4

writeyourjourney.com5 annegrahamlotz.org

www.churchofjesuschrist.org/study/ensign/2019/04/the-sacred-duty-of-record-keeping?lang=eng