

A GUIDED KEEPSAKE

Family Legacy Journal

The Stories Only You Can Tell



This book holds the life, in their own words, of

NAME

BEGUN ON



*Written for the people who will read it:
the ones here now, and the ones not born yet.*

How to Use This Book

There is no right way to do this. There is only your way, in your words, in your time.

1 Write like you talk.

Don't write for a book. Write the way you'd tell it across the kitchen table. Crossed-out words, sideways handwriting, and unfinished sentences are all part of the keepsake.

2 Go in any order.

Open the book anywhere. Answer what calls to you today and come back for the rest. Some pages will wait months for you. That's what they're for.

3 Skip freely.

Not every question fits every life. A skipped page isn't a failure. It just wasn't your story. The memory sparks under each question are optional doors; use one, use none.

4 Small is enough.

Five honest lines are worth more than a perfect page. If a memory only comes back as a fragment (a smell, a song, a sentence), write the fragment.

5 Type it or write it by hand.

You can fill this book on a computer or tablet (we recommend the free Adobe Acrobat Reader), or print any page, or the whole book, and use a pen. Both make a complete keepsake.

This book is yours alone. It lives on your device or on paper. There is no account, no app, and no cloud. Nothing you write leaves your family unless you hand it to them. The book is finished when you sign the last page.

Eight Chapters of a Life

Mark a circle each time you finish a story. Watch a life fill in.

- 1 **Where I Come From** ○ ○ ○ ○ ○ ○ ○ ○
The places and people that made your world
-

- 2 **Childhood** ○ ○ ○ ○ ○ ○ ○ ○
Ordinary days, long summers, and best friends
-

- 3 **Becoming Myself** ○ ○ ○ ○ ○ ○ ○ ○
The years you turned into you
-

- 4 **Love & Relationships** ○ ○ ○ ○ ○ ○
The people you chose, and who chose you
-

- 5 **Family** ○ ○ ○ ○ ○ ○ ○ ○
The stories they were too young to remember
-

- 6 **Work, Dreams & Turning Points** ○ ○ ○ ○ ○ ○ ○ ○
What you built, and what it cost
-

- 7 **What Life Taught Me** ○ ○ ○ ○ ○ ○ ○ ○
The lessons, and the stories that taught them
-

- 8 **What I Want You to Remember** ○ ○ ○ ○ ○ ○
Written straight to the ones who will read this



Also inside: photo pages, family recipes, a timeline, and the final legacy letter.

CHAPTER

I

Where I Come From

Every family has a beginning that nobody wrote down. This chapter is where you write it down: the places, the people, and the small ordinary details that made the world you came from. Don't worry about getting the history exactly right. Tell it the way you remember it.

THE HOUSE YOU REMEMBER FIRST

In your mind, go back to the first home you can remember. Start at the front door and walk through it slowly. What do you see, hear, and smell?

IF YOU'D LIKE MORE DOORS IN

- ✦ *Which room did the family actually live in? Not the nicest one, the real one.*
- ✦ *What sound meant someone was home?*
- ✦ *Where did you go when you wanted to be alone?*
- ✦ *What did that house smell like on an ordinary evening?*
- ✦ *Is the house still standing? Have you ever been back?*

These are optional. Answer one, or none, or let them lead you somewhere else entirely.



*When you picture that house now, what feeling comes with it,
and why do you think it stayed with you?*



Before You Go On

You've just walked through the world you came from. Is there anything it stirred up that no question asked for? A person, a place, a story?

This page belongs to whatever wants to be written.

A FAVORITE PLACE

Where was your favorite place in the world as a child? A tree, a rooftop, a river, a corner of a room? Take us there and show us why.



What was that place protecting you from, or giving you, that you couldn't get anywhere else?

A Photograph & Its Story

Attach or insert a photo from these years, then tell what the camera couldn't see.



PLACE PHOTOGRAPH HERE

Who took this picture? What happened just before it, and just after?

THE LAST PAGE IS YOURS ALONE

The Legacy Letter

This is the letter the whole book has been leading to. Everything you want to leave behind in words: what your life meant, what you hope for them, and what you want them to remember when they think of you.

There's no wrong way to write it. Start with "If you're reading this..." or start anywhere. You can draft it once and return to it. Many people do.

To _____ ,

No account.

No subscription.

No cloud.

Your family's stories stay with your family.



Family Legacy Journal · The Stories Only You Can Tell

Sample pages from the complete edition: 8 chapters · 58 guided stories · photo & keepsake pages