

# 10 Benefits of Preserving



## Your Life Memories

Talking Medias LLC

**10 Benefits of Preserving Your Life Memories** by  
Talking Medias LLC

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## *Introduction*

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Recently I was browsing through some old correspondence and found a stack of letters written to me ten years ago from my favorite uncle. In these letters were stories of his life growing up in the Florida Everglades during the Great Depression.

Uncle Bill was just an ordinary man, just like you. The stories have become a tribute to his life in a very difficult place, at a very difficult time. I treasure them, as do his children and his grandchildren. There are only 20 or so letters, but they have become his legacy. I only wish that he had written more, or that we could even see and hear him telling us those stories himself.

We all think that we are not famous enough to record our memoirs but this is a misconception. Each and every person who has ever lived has a zillion stories inside of them just screaming to be told.

Even if the only person who ever reads your stories is you - you will be leaving behind a valuable legacy for your descendants! What would you do if you came upon a manuscript written by your great grandmother in the late 1800's? Wouldn't you be thrilled beyond words to hear what life was like then? Wouldn't you be excited to find that people then loved, lost, and lived much as you do today? How did they handle it? How did everyday life make them feel?

Why should YOU record your memoirs? "People today are rootless and aching for connections to the past", says Lettice Stuart, a Texas personal historian who records the memoirs of everyday people. The process of documenting your life often brings family members closer together.

As you remember each stage of your life, you will find yourself calling old friends, family members you haven't spoken to in years and even pulling together your children and grandchildren to regale them with funny stories or life lessons learned. As your life tale unfolds you will find yourself gaining new insights into events that took place, perhaps even bringing about healing of the past.

Writing your memoirs is a rewarding task. It brings honor to your life story and connects you to history. You will leave behind a lasting legacy for your loved ones. It is easier to begin than you think. Instead of the laborious task of writing your own memoirs, you now have the opportunity to document and preserve your memories forever by recording them onto a unique site called TALKING MEMORIES ([www.talkingmemories.com](http://www.talkingmemories.com)).

- *Karen Silvestri, Personal Historian*



## ***SECTION I***

### ***PERSONAL LIFE STORY***

## **1. Preserve History**

### ***Recording your personal stories preserves history***

No one in your family seems to know anything about your great-grandmother. Some may have a vague recollection of something she did or said once upon a time, but that is all they can remember.

It is a shame that a woman lived a long life and produced a line of descendents and no one will ever know who she was, what she stood for, or who she dreamed of becoming.

How can we be so complacent as to sit back and watch our histories vanish with the fog? We need to record our stories, talk about our stories, share our pasts with future generations!

**Talking about your history is a way to preserve history.**



## **2. Learn the Truth**

### ***Recording your personal stories brings truth into your life***

In Memoir Therapy, the goal is to uncover the many selves that we have lived. By so doing, we are able to ferret out those selves that we allowed societal influences to create for us and move into a more authentic self.

It is also a great place to start telling the truth yourself about your life.

By recording our memoirs, we provide ourselves the means with which to transform our story.

The more we write the more transformation we bring to ourselves.

### **3. Become Yourself**

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***Recording your personal stories provides a way to finally become who you were meant to be***

Everyone dreams of becoming something when they are young. But most of us tend to get caught up in everyday life and forget those dreams.

Dipping back into your memories opens up the doors to all those dreams once again, and offers you the opportunity to take steps to realize your dreams once and for all.

Take the time to talk about your dreams and goals in life. Share them with those around you and record them for posterity.

**Who did you  
want to be?**

**What is  
stopping you  
from being that  
person now?**

## **4. Heal the Past**

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### ***Recording your personal stories is healing***

How often have you heard a story that touched you in such a way that you found your whole outlook on life changed? Or even a tiny aspect of that outlook?

The ceremonies and rituals of our daily lives all center around the magic of these words that we hear, that we read, that we speak.

Whether we are reading, hearing, or writing the story, words have the power to transform our lives. Talk to anyone who has ever recorded their memoirs, and they will tell you what a healing experience it was.

Additionally, there is something about finally allowing yourself to 'talk' about the past that finally brings closure and allows you to move forward with your life.

## **5. Uncover Your Fears**

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***Recording your personal stories helps you deal with your fears.***

Are you afraid of closed places like elevators?

Do you get the shakes at the mere thought of getting on a plane?

What other fears have you been carrying around with you for what seems like forever?

Sifting through your memories is a great way to finally root out the causes of your biggest fears.

Talk about your fears as well as your triumphs. These things make up the whole person that you are.

**Reviewing your personal memories is a way to come to terms with your fears.**

## **6. Find Meaning**

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***Recording your personal stories is a way to find meaning in your life and the lives around you***

Why are we here? It is the age old question that no one seems to be able to answer. But you can come close to finding the meaning for your life when you begin recording your memories.

By talking about the avenues and curves your path has taken you, you can see more clearly how you came to be where you are today.

In addition, by talking about the roads your parents and grandparents have taken, you can find meaning in their lives as well. Recording the decisions they made helps us to better understand our loved ones.

**As we map out our lives and the lives of our loved ones by recording them, we bring clarity and meaning to their lives as well as our own.**



## ***SECTION II***

### ***CHILDREN'S DIARY***

## **7. Share with Your Child**

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***Recording your children's stories is a way to share in their lives***

**Involve your children in the process of preserving memories.**

What was I like as a baby?  
What are some funny stories that had to do with my childhood? What were my likes and dislikes?

By verbally and visually recording these aspects of our youngest years, we're preserving forever memories that will be a rewarding and loving reminder of how our lives began.

You can begin recording memories of your own children from the time they're still in the womb, through their infancy and into their childhood.

Additionally, recording your children's stories is a wonderful way to spend quality time with your child! Studies have proven time and again that sharing activities with your child is one of the best ways to ensure your child learns wholesome activities.

By sharing the task of preserving memories with your children, you are creating wonderful memories at the same time you are working to preserve them!

Encourage your kids to keep a diary, make scrapbooks of their activities, and take lots of photos of their friends and pets. Teaching them early on the importance of preserving memories will create a sense of well-being and family that they will never lose.



## **8. Mark Milestones**

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***Recording your children's stories is a way to share in their lives.***

**It is never too late to start making an everlasting record of your child's life!**

Your toddler's first tentative steps across the floor, your child's awe at the first snowfall, his first day of school, her graduation from high school, his first award or trophy, her first prom – there are so many firsts to record and preserve for posterity!

Don't you want to revisit those special moments over and over again?

Creating a video and audio recording of your children's milestones is the perfect way to ensure that you (and they) can forever step back in time and remember all of those amazing moments when they felt wonder and a sense of accomplishment. Don't

miss out on a single moment of preserving your child's milestones!



### ***SECTION III***

### ***SPECIAL EVENTS***

## **9. Create a Sense of Community**

### ***Recording special events creates a sense of community***

Entire communities come together at special events like weddings, award ceremonies, and graduations.

These are opportunities to gather and create memories for everyone concerned.

For example, weddings are a precious milestone in our lives, and yet usually only the couple themselves is able to enjoy pictures, video, and experiences from the big event after it has happened.

If weddings are preserved in such a way that all can enjoy it afterwards, even those who couldn't make it to the wedding, it will continue to be a milestone which will be remembered forever.

## **10. Create a Sense of Family**

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### ***Recording your memories brings families together***

When you begin recording your memories, you will inevitably find yourself turning to the people around you for help and clarification on a detail here or there.

You will be gratified to find that aunts and cousins you haven't spoken to in years will love sitting down to talk about family history with you. Other family members who never gave one thought to where they come from will begin coming out of the woodwork to ask you questions.

Many families become more close-knit when they begin the fabulous project of preserving their family history. It is a fascinating journey for everyone involved.

## ***SECTION IV***

### ***TALKING MEMORIES***

Talking Memories ([www.talkingmemories.com](http://www.talkingmemories.com)) is a revolutionary new way for people to document, record, and preserve their memories. Follow our ready-made interview questions and chapters and, using your own voice, record yourself directly online. Add video clips and photo images, and share your documentary or diary with friends and loved ones online.

Talking Memories is completely private – your project can only be viewed by the family and friends you personally invite.

The documentary or diary you create on Talking Memories will also be protected by being stored and backed-up online, unlike written memoirs which may be damaged by the ravages of time.

## **Talking Memories Mission**

The Talking Memoires mission is to help people of all ages and from all backgrounds preserve their most cherished moments and memories with the aid of our user-friendly software platform.

Through our technology, we hope to empower people to preserve their memories so that they can be a source of inspiration, education and pleasure for years, decades, and generations to come.

## **Documentaries and Diaries**

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### **Personal Life Story**

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Preserve your life story, for the sake of present and future generations. Follow the easy-to-use interview and record yourself in audio, video, and photo images. You may edit, add, or delete any part of your project, at any time during the process. When you're done, view and share your private documentary with loved ones online.

### **Children's Diary**

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The children's diary is a wonderful way for parents to share their thoughts and feelings with their child, as he or she grows up. Record milestones and special moments in audio, video, and photo images anytime you like in a neat, guided and user-friendly way. Your child's memories will be cherished forever!



## Special Events

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Whether it's a wedding, an anniversary, a birthday, or a family vacation, your special event can now be easily preserved in audio, video, and photo images. Follow the simple, guided, and user-friendly tools to record and share those memorable moments with friends and family alike.

## **The Company**

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Talking Memories is a part of Talking Medias LLC, a private held company founded in 2007 and incorporated in the state of Delaware.