

Create a Family Keepsake
this weekend!



LOG YOUR
Legacy

Hi there, I'm Carrie



You want to share your history and stories in a lasting way, but it's hard to know where to even begin. I'm here to assure you it doesn't have to be a daunting task. In fact, with a little direction and encouragement, you can create a meaningful family keepsake this very weekend! By focusing on a single subject, you can document cherished memories, momentos, and personal insights in a way your family will appreciate for years to come. This guide will walk you through the five simple steps to go from idea to beloved keepsake.

Ready? Let's get started...



Simple!

Follow these 5 Steps

1 Identify an Area of Focus

2 Write About the Topic

3 Curate Relevant Visuals

4 Bring it All Together

5 Share with a Loved One

Nothing is ever really
lost to us as long as we

remember it.

L.M. MONTGOMERY



1. Identify an Area of Focus

The first step to creating your family keepsake is to select one key area of focus. This could be a particular family member, an important event, a cherished tradition, or any topic that holds special significance to you. By honing in on one subject, you'll make the process more manageable and impactful.

Here are some ideas to get your wheels turning:

- **Ancestor's Life Story:** Concentrate on the life story of a significant ancestor who played a vital role in your family's history.
- **Family Traditions:** Explore the unique traditions and customs that have been passed down through generations.
- **Family Recipes:** Collect and document cherished family recipes, including the stories and memories associated with them.
- **Love Story:** Highlight a love story within your family, such as your grandparents', your parents', or your own courtship and marriage.
- **Early Parenthood:** Describe your circumstances, experiences, and feelings during pregnancy and life as a new mother or father.
- **Family Heirloom:** Examine the history and significance of a specific family heirloom, like a piece of jewelry, an antique, or an item passed down through generations.
- **Immigration Journey:** Delve into the journey of a family member who immigrated to a new country, including their challenges and triumphs.
- **Military Service:** Explore the military service and experiences of yourself or a family member, sharing sacrifices and contributions.
- **Family Home:** Celebrate the history of a family home or property, discussing the memories and events associated with it.
- **Generational Wisdom:** Focus on the wisdom and life lessons passed down through generations within your family.



Before moving on, answer this question honestly: *Can I cover this topic in a weekend?* It's easy to accidentally take on too broad of a subject and then become overwhelmed. If necessary, narrow down your idea. Finishing one topic will create satisfaction and momentum to come back and work on the rest!



3. Curate Relevant Visuals

Now that you've extracted information from inside, it's time to look outside yourself for visuals that will add depth and meaning to your family keepsake. This could be photographs, letters, diaries, or newspaper clippings that correspond to your chosen topic. Visuals provide a rich context for your story and help bring your family's history to life.

Here are some places you may want to search:

- Photo Albums:** Start with family photo albums or scrapbooks, which often contain a treasure trove of photographs and paper momentos spanning back generations.
- Closet, Attic, or Basement:** Check closet shelves, the attic, or basement for boxes or bins with family artifacts and memorabilia such as loose photos, letters, postcards, beloved books, and newspaper clippings.
- Letters and Diaries:** Keep an eye out for handwritten letters, diaries, and journals that offer a personal perspective on family history.
- Digital Photo Libraries:** Scan through digital photo collections on computers or cloud storage accounts for relevant images.
- Family History Resources:** Genealogy websites often contain photos and documents related to family members. Some, like FamilySearch.org, are free. Others you may be able to access with a membership to your local library.



During this step, it's easy to become distracted by treasures unrelated to the task at hand. You may feel tempted to share random findings or think about how you should really organize this or that. *Stay focused!* Make a note so you remember it for another day, and then return to your current assignment.

What did you find? There's no right or wrong quantity or type of visuals to include. If you'd like, write down the items you find along the way. Your keepsake can include the actual items or an image/copy.



4. Bring It All Together

You have written notes. You have visuals. Now, it's time to compile everything into a designated space. Don't worry about getting fancy; a simple notebook, folder, binder, scrapbook, or keepsake box are all wonderful ways to organize and present the elements you wish to include.

This is also the time to flesh out your notes from step two. If you love to write, you may like to turn them into a well-constructed narrative. If writing doesn't come as easy, short excerpts and bullet points may be the way to go.

Please, please, don't get hung up on making everything perfect. You may not have found that one photo you're sure you have somewhere or want to wait until you feel more inspired to write. Keep going, knowing you can always refine later and your family will appreciate your efforts no matter how they are presented.



What if I want to create a professionally designed and printed keepsake book?

The work you're doing now sets a great foundation for a printed book in the future. If you'd like to learn more about your options for printing on your own or through a professional service, please email me: carrie@logyourlegacy.com

5. Share With a Loved One

Finally, the most important part. This is about more than documenting the past and preserving stories for the future. *It's about connecting in the present.*

Share what you've created this weekend with a family member or other loved one. Take the opportunity to discuss what you've made and why it's important. You may decide to give it to someone as-is or continue adding to it for a future gift.

...and then with me!

How'd it go? I'd love to hear what you're working on and see what you've created so far. Get in touch via email or direct message on Facebook or Instagram.

carrie@logyourlegacy.com | [@logyourlegacy](https://www.instagram.com/logyourlegacy) | [#logyourlegacy](https://www.facebook.com/logyourlegacy)

