



THE YOURSTORY GUIDE TO CAPTURING LIFE STORIES





Welcome to YourStory!	2
Creative Ways for Capturing Life Stories	3
Sneak Peek - Heartwarming Stories Your Parents Could Tell	5
Starting Meaningful Conversations	8
Exploring Family Traditions and Values	9
Discovering Stories of Strength and Resilience	10
The Key to Preserving Family Stories for Future Generations	12
From memories to legacy - start your parent's story now!	13

WELCOME TO YOURSTORY!

I'm Alyson, the founder of [YourStory](#), and I'm thrilled you're here!

If you've ever wondered how well you **really** know your parent's life stories, you've already taken a great first step by completing our quiz.

Now, with this bonus ebook, we're diving even deeper, helping you preserve those memories before time slips away.



YourStory came from a personal experience. My brother, David, and I missed out on many stories when our Dad passed away relatively young, and we grew up witnessing our Nana suffer from Alzheimer's, so we lost the chance to hear her memories too. That's why we're passionate about helping others preserve their family's stories, creating keepsakes that can be passed down for generations.

This guide, along with the bonus video series you've been following, is designed to make the process fun, easy, and truly meaningful. Whether through written stories, voice recordings, or even video, you'll be able to document your parent's unique journey in a way that feels special to them.



Why Capture Your Parent's Life Stories Now?

Time flies, and as our loved ones get older, the chance to capture their incredible life stories becomes more precious. Now is the perfect time to start these conversations. Gathering your parent's life stories deepens your connection with them, offering insight into their values, resilience, and life lessons.

These stories aren't just for today—they'll be treasured by future generations. Plus, sharing these memories is rewarding for both of you, bringing emotional and mental benefits.

It's a chance for your parent to reflect on their journey while you preserve your family's legacy for years to come.

Let's get started!



CREATIVE WAYS FOR CAPTURING LIFE STORIES

Let's dive into the fun part— how to actually capture your parent's incredible life stories!

Here are some easy, creative methods to get started and the beauty of it is you can choose what suits your parent's style best (and yours too!).

Written Journal or Memoir

This is a lovely, traditional way to document stories. Hand your parent a notebook filled with questions, and let them write their responses in their own time. There's something special about their handwriting and the voice that comes through their words - making it feel like they're speaking to you every time you read it.

Audio Recordings

Why not try audio? You can sit down with your parent and record their stories on your smartphone, or they can send voice notes answering the questions you have sent them. Capturing their voice adds an emotional layer to the stories, and it's such a meaningful way to preserve their memories.

Video Interviews

For the tech-savvy (or adventurous), set up a face-to-face or Zoom interview and record your parent's responses. Video captures their expressions, body language, and mannerisms, letting you relive their stories every time you watch.

Memory Maps

For a creative twist, try making a memory map. Whether it's a physical poster or a digital map, mark key locations from your parent's life—homes, workplaces, favourite travel spots. Then, ask them to share a story tied to each place. It's a fun and visual way to explore their memories, and you might even learn something surprising!



Telephone Conversations

If you already have regular phone chats with your parent, start including a story question during each call. Over time, you'll gather a treasure trove of memories without it feeling like a big project. It's a laid-back way to build your parent's story, one conversation at a time.

YourStory Book

Now, if all these options feel a bit overwhelming, we've got you covered! [YourStory](#) simplifies everything by guiding your parent through life story questions online. They can upload photos, type out their memories at their own pace, and have it all printed into a beautifully bound keepsake. It's an easy, stress-free way to make sure nothing slips through the cracks.

Whatever method you choose, the important thing is to start. Capturing your parent's life stories is a gift not just for them, but for you and future generations. Let's make it happen!



SNEAK PEEK - HEARTWARMING STORIES

YOUR PARENTS COULD TELL

As we dive into this guide, I'd love to pause for a moment to share something special with you—an excerpt from a [YourStory](#) book. Why? Because nothing sparks inspiration like seeing an example of what's possible.



Reading a real chapter written by someone who has captured their memories and reflections will give you a sense of how powerful and meaningful these books can be.

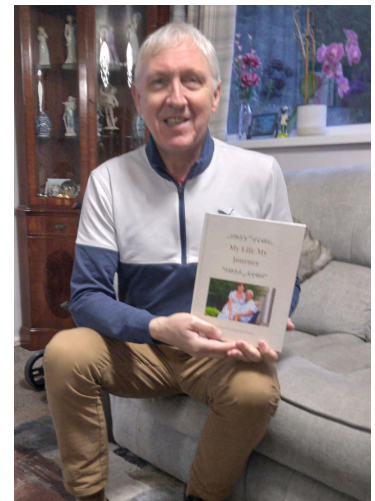
This sample chapter comes from Helen, 72 years old from Frome, Somerset, who received a [YourStory](#) book as a birthday present from her daughter. It became a treasured project for her, allowing her to reflect on life's experiences and lessons in a way that her family can now hold onto forever.

The chapter we've included here is her answer to the question:

What advice would you give to your 20-year-old self? As you read through, you'll feel the warmth, wisdom, and personal memories Helen has captured in these pages.

It's a wonderful reminder of the stories, advice, and insights our own parents may have stored up, just waiting for the right time—or the right question—to be shared.

These reflections are precious, not just for us but for future generations too. Let Helen's chapter inspire you to consider the wealth of memories your own parents hold and how easy it can be to start recording them for a keepsake that lasts a lifetime.



Now, without further ado, here's Helen's chapter:

'What Advice Would You Give to Your 20-Year-Old Self?'

"Looking back, now that I am 72 years old, I would say there are a few key pieces of advice I wish I could share with not just my younger self but also my family now.

Firstly, be kinder to yourself. In my younger years, I often pushed myself too hard, aiming for perfection and feeling at times like it wasn't enough. My Grandfather, Ron, used to always say to me, "It's alright to make mistakes; they're just the stepping stones to success." He was right. Over the years, I've learned that imperfections are what make us unique. To my Daughters Sarah and Polly, I would urge you to embrace them. Self-compassion is essential. Give yourself the grace and patience you deserve, and remember that it's okay to stumble along the way.

Don't be afraid to take risks. In my 20s, the fear of failure often held me back from pursuing opportunities whilst working my first teaching job in Eltham, London and those paths I didn't take could have been incredibly rewarding. Having said that, I remember walking through Eltham high street in the early 70s, feeling both excited and overwhelmed by the possibilities.

Looking back, some of the most fulfilling experiences in my life came from stepping out of my comfort zone and embracing the unknown. I'm so glad we took the leap to work and look after our young family in St. Agnes, Cornwall between 1980 and 1988; Graham and I were nervous about the lifestyle change but the experience of living somewhere completely different and the friends it gave us, I will remember forever. I also think we can all navigate the challenges and surprises that life brings up better than we think.

I would also say to value relationships.. While career achievements and material possessions have their place, it's the connections with family and friends that I have found most rewarding. I fondly recall Summer picnics as family on the Southwold beach with my Sister Susan, her husband Tim and my nieces Jessica and Kate. Sometimes my Older Sister Judy would come along with my niece and nephew, Lilly and Joshua. It was an effort to travel over for the Summer holidays but Sarah and Polly loved it and the laughter, games and food shared under the typical British sunshine (or rain!) is a great memory now.



Investing time and effort in building and nurturing these relationships has made me very content over the years. It's so easy to let friendships fall by the wayside when life gets busy but I put effort into my closest friendships with Betty and Penny. I'm so glad I did! Cherish your loved ones and make sure they know how much they mean to you. The love and support of those around you are what will sustain you through life's highs and lows.

Next up, a bit of sensible advice, start saving and investing early. Financial security has brought me a sense of freedom and peace of mind that I have found invaluable. I often think back to my younger days, passing by the old Barclays Bank on Southwold High Street, and wish I had been a bit more savvy back then.

Lastly, never stop learning. Stay curious, explore new perspectives, and embrace the opportunities that come your way. I have enjoyed exploring new hobbies like my watercolour and exploring around the UK by train with my husband Graham. These types of small things have added to my day to day life.

I'm grateful for the journey and the lessons learned in my life so far, plus who knows what the next couple of decades will bring. I'll have more chapters to add I'm sure! I hope sharing this is helpful for my lovely Daughters, Sarah and Polly, plus my beautiful grandchildren (Gemma, Benjamin, Oliver and Freya)."

I hope this gives you a sense of how special and personal capturing life stories can be? It's a reflection not only of Helen's life but also of the love she has for her family and the wisdom she's eager to pass down.

Imagine having this kind of keepsake for your own parents, filled with their stories, thoughts, and advice. That's what YourStory is all about—capturing those fleeting moments and preserving them for future generations.

If reading this has inspired you, now's the perfect time to start asking your parents those meaningful questions. Take this opportunity to record their memories, insights, and reflections before time slips away.

It's a rewarding process, and the result is a priceless keepsake that you'll treasure forever.



Create something special with your family, and I'm sure you'll find that the stories shared will become a cherished part of your legacy!



STARTING MEANINGFUL CONVERSATIONS

Getting those rich, heartfelt stories flowing from your parents can feel daunting at first—but don't worry, we've got some simple tips to make it easy and fun!

The Power of Open-Ended Questions

The key to sparking story based conversations is asking open-ended questions. Instead of a "yes" or "no" answer, you want to encourage your parent to **reminisce**.

Try questions like, "What do you remember most about your childhood?" or, "Tell me about the best meal your mum ever cooked for you." You can even start with something personal, like "I remember visiting Aunt Linda when I was little—what was that side of the family like?"

Drawing on shared experiences can be a powerful way to get your parent talking. Your memories may trigger deeper stories they haven't shared before!

Creating the Right Environment

Aim for the right setting for the right type of conversation. It's important to choose a relaxed, comfortable space—somewhere cosy and distraction-free.

Maybe it's a quiet corner in the living room with a cup of tea or a leisurely phone call when you both have plenty of time to chat.

Avoid rushing your parent's answers; let the stories unfold naturally. The more at ease they feel, the more willing they'll be to share those golden memories.

A Practical Exercise

Let's try something fun: reflect on three of your most memorable childhood moments.

Write them down. Now, go ahead and ask your parent for **their** perspective on those moments!

This is a great way to kickstart a meaningful conversation.



You might be surprised by the details or emotions they recall that you've never heard before. It's a wonderful opportunity to see the same memory through their eyes—and who knows what new stories will emerge?

By taking this approach, you'll create lasting connections with your parent and uncover stories that will be cherished for generations. Ready to give it a try? You'll be glad you did!



EXPLORING FAMILY TRADITIONS AND VALUES

Family traditions are like the heartbeat of our memories—they give shape to who we are and what we stand for. In this chapter, we'll dive into how traditions help define family values, and what they reveal about our parents' pasts.

Understanding the Role of Traditions

Traditions are more than just rituals—they help form a family's identity.

Think of holiday traditions, birthdays, or even a special recipe passed down through generations.

Each of these carries its own meaning and tells a story. It's fascinating to learn which traditions your parents brought forward from their own childhood and why some were left behind.

What values did those traditions represent? Maybe your family's Sunday dinners were about more than just food—they might've been about connection, love, and showing up for each other.

Questions to Ask

To start digging into this rich history of traditions and values, try asking questions like:

- "What does family mean to you?"
- "What family traditions did you have growing up, and which ones did you continue when I was a child?"
- "Are there any traditions you let go of, and why?"

These questions will help unlock meaningful reflections on what your parent held dear as they built the family you know today.

Their answers might surprise you and even shed light on why certain family habits or beliefs stuck around (or didn't).



Bringing It to Life

Asking about traditions and values can open up conversations about the bigger picture—what has shaped your family into what it is today.

Think back on some of your favourite traditions growing up. Ask your parents what they meant to them and why they kept those specific ones going. You might discover there's more behind those cosy Christmas mornings or quirky family sayings than you ever realised!

Exploring family traditions and values is not only a way to honour the past, but it also helps preserve those beautiful, meaningful moments for future generations. Let's keep those stories alive!



DISCOVERING STORIES OF STRENGTH AND RESILIENCE

When we think about capturing our parents' life stories, we often focus on the happy moments—funny memories, big milestones, or cherished traditions.

But there's another side to their story that's just as important: the challenges they've faced.

These are the moments that reveal their resilience, values, and the tough choices that shaped them into who they are today.

The Importance of Challenging Stories

Hardships offer a unique window into our parents' lives. They give us a deeper understanding of what they went through, the sacrifices they made, and how those moments influenced their decisions and values.

These stories not only help us appreciate their journey but also serve as powerful lessons for our own lives. Plus, they often strengthen the bonds between generations, showing us that our parents were once in the trenches of life's struggles, just like we are now.

Questions to Ask

Ready to dive into some meaningful conversations?

Here are a few questions to help your parents open up about their trickiest times:

- "What are some difficulties you faced growing up, and how did you overcome them?"
- "Have you ever made a tough moral decision? What was the outcome?"
- "What's the most difficult thing you've ever done, and how did it shape you?"

These questions can unlock stories of perseverance, courage, and wisdom that you might never have known otherwise. Hearing how your parents tackled life's curveballs can offer inspiration and perspective, especially as you face your own challenges.



Applying Lessons Learned

Once you've uncovered these stories, take a moment to reflect on them. What lessons stand out? Maybe your parent's determination to push through tough times mirrors a struggle you're going through right now.

Or perhaps their moral decision-making gives you a fresh outlook on a difficult choice of your own. There's so much we can learn from their experiences, and often, those lessons can guide us in ways we never expected.

By discovering the stories of strength and resilience in your family, you not only honour your parents' journey but also gather wisdom that can be passed down for generations to come. So dive in—you might be surprised by the strength that runs through your family tree!



THE KEY TO PRESERVING FAMILY STORIES FOR FUTURE GENERATIONS

So, here we are—the final chapter! By now, you’ve likely gathered some amazing stories from your parents, stories that may have been new to you or simply too good to let slip away.

Whether you’re just getting started or well on your way, the key is to keep the momentum going. The ultimate goal is to ensure these memories are preserved for future generations, in whatever format works best for your family—whether that’s a handwritten journal, an audio recording, or our wonderful keepsake [YourStory](#) books.

Compiling and Sharing Stories

Whichever method you choose, it’s all about making sure these stories get collected and shared.

A notebook might capture your parent’s handwriting, audio recordings preserve their voice, and video shows their expressions—but it’s important to stay consistent.

The reward? A timeless collection of memories that your family can cherish for generations. And of course, there’s always YourStory’s seamless option, where you can capture these moments in a way that’s easy and stress-free - we’d love to have you on board!

YourStory’s Hassle-Free Solution



If you’re looking for a way to take the pressure off and ensure nothing gets missed, the YourStory book is a great solution.



We automate the process for you and your parent receives emailed story questions, can answer them at their own pace, and upload photos along the way.

No time needed to be set aside on your part, just memories flowing in!

You can even track the book's progress and invite multiple storytellers to contribute. Whether it's just checking in on how the book is coming together or helping out with any tricky questions, you can be part of the journey too.

And the best part? When your parent feels ready, they can send their book to print, turning their stories into a wonderful, professionally bound heirloom.

A lifetime of memories, perfectly preserved in a beautiful keepsake for the entire family to enjoy.



FROM MEMORIES TO LEGACY - START YOUR PARENT'S STORY NOW!



As we come to the end of this ebook guide, I hope you're feeling inspired to take action.

It's been a real joy guiding you through this journey. Now it's time to get those stories secured and celebrate the remarkable lives your parents have lived!

Capturing your parent's life stories isn't just about ticking a box—it's about preserving their legacy and creating something that will last for generations.

You've now got all the tools, prompts, and ideas to start those meaningful conversations that can deepen your connection and capture the uniqueness of who they are.

And, there's no better time than now to get started!

Use the methods in this guide to gather those precious stories and turn them into something tangible. If you'd like to join us at [YourStory](https://www.yourstory.co.uk), it's easy to create a beautiful keepsake that will be treasured not just by you, but by your family for decades to come.

We're excited for you in your journey to help preserve your family's stories!

If you would like to reach out to me, please contact me at hello@yourstory.co.uk

