



## Because We Can't All Fit Into a Time Capsule

If you've ever been a part of creating or even opening a time capsule you can attest to how fascinating they can be. A small part of history can be captured through the items inside: novelty toys, newspaper articles, and even handwritten letters. When you look through the items you are instantly transported back in time to that special moment, as if you were really there!

Now while we can't fit ourselves into a time capsule to be opened decades into the future, there is something else we can do to make sure that our lives makes an impression on the generations that are to come...create our own special kind of time capsule.

My name is Rory Siefer and I am a Family Biographer and founder of <http://www.CatchMyMemory.com>. Over four years ago I was inspired by the untimely loss of my own grandfather to find a way to help others pass on the stories about their life. As a family biographer I am hired by families to go interview a parent or a grandparent all about their life. Hundreds of hours later I publish a professional hardback biography for the whole family to cherish. I've helped stories from a former FBI agent and also the tales of an original Texas Rancher. One thing I've learned through it all – we all have a story to tell!

Today I wanted to share some tips with you about creating a “time capsule” for a loved one who is getting older or even creating a time capsule for yourself! No matter the age we all have a story to save. Here are four items you should focus on if you are trying to save a life story:

### What is Worth Saving?

- 1) Photographs
- 2) Stories
- 3) Personality Elements
- 4) Tributes

**1) Photos:** Don't lose the history behind the photographs. Bring out the old albums, boxes of photographs, and choose a few of the most important ones. Jot down notes on the back with a sticky note. Who else can identify the old relatives and special events better than your parents?

**2) Stories:** Save their voice, laugh, and record the memories just the way they want them remembered. Turn on a voice recorder around the dinner table or sit down after and create a mock-interview session. Let your kids ask them about their life. You'll be amazed at what you might learn.

**3) Personality:** Make an instant family heirloom. Have your loved one paint a picture, draw out their family tree, or even write a poem. Try to draw out a little bit of who they are with a fun family craft.

**4) Tribute:** Pay tribute to who they are and what they have accomplished. Collect letters that other friends and family members have written about your parents and read through the stories together. See how they have impacted others.

Most importantly, and what I hope you learn *today* is to put a system in place to make sure that those memories are never lost. Dedicate yourself to saving the history while you still can. While we can't fit ourselves or even a loved one into a time capsule, we can still save those stories so that they will live on forever.

If you need a little help getting started my StoryCatcher and PhotoCatcher kits have step by step instructions on how to save the life stories of a loved one. To learn more don't miss my website at <http://www.CatchMyMemory.com>.