
3 REASONS WHY YOUR LIFE STORY IS IMPORTANT

By Dalene Bickel

“THERE WAS NEVER YET AN UNINTERESTING LIFE. SUCH A THING
IS AN IMPOSSIBILITY. INSIDE THE DULLEST EXTERIOR, THERE IS
A DRAMA, A COMEDY, AND A TRAGEDY.”

MARK TWAIN

Reason #1

Your Life Story Protects Your Memories...and More

Just as photographs fade over time, your memories can, too. In addition to normal levels of forgetfulness, the ravages of Alzheimer's or a life-threatening illness may severely limit your ability to document your past.

But even if you're blessed with a perfect memory throughout your lifetime, you have to do more than verbally share your stories. Although it's important to keep the oral history tradition alive, you can't rely on it alone to keep your stories alive. Why not? Because according to Aaron Holt of the National Archives and Records Administration, oral history is lost within three generations.

And if you think that your treasured family heirlooms and financial assets will be lovingly preserved in perpetuity because you listed them in your will or set them aside in a trust, think again. All too often, inherited money is spent within a few years and many of your treasured heirlooms are eventually sold.

Thus, don't limit your legacy to the inheritance you plan to bequeath; once the money is gone, there may be no remembrance of you at all. Instead, take the time to write your life story and in it, share what you've learned about life. Teach others what it took for you to achieve goals, pursue interests and overcome failures.

In so doing, your life story becomes much more than a memory keeper; it becomes a purpose-driven legacy.

Reason #2

Your Life Story Benefits Others

Allow me to dispel one of the largest myths regarding life story: you do *not* need to be a celebrity or public figure to write one. It doesn't matter if you're a corporate executive, a stay-at-home mom, a military veteran, an entrepreneur or anything else...you have a life story worth preserving.

Whether you realize it or not, people (especially those closest to you) are genuinely interested in learning about your past, regardless of how mundane your life may seem to you. In addition, future generations will benefit from the details and experiences shared in your life story.

Think about it. How many times do you wish you could turn back time to ask a family member about his or her childhood or get advice on a particular topic? How often have you been at a social gathering and listened in fascination as someone relates one of their personal experiences – and you wish you could hear more of their stories?

That is exactly what your family and friends think about you and your past. They want to get to know you better by reading about your experiences – and more importantly, they want to connect with you emotionally. They want to know what you thought and felt about your experiences then...and what your perspectives are about them now that you're older and wiser.

When you provide this type of information, your life story educates, empowers and inspires others.

Reason #3

Your Life Story Defines Your Legacy

How will you be remembered? Will your life be reduced to a brief, one-column newspaper obituary written by a well-meaning relative? Will you become a forgotten face in an old photograph? Or will you take action now to ensure that your beliefs, values and wisdom are adequately preserved?

We all want to be remembered long after we're gone and one way to ensure that is to ask, "How can I preserve my legacy?" In my opinion, the best way is to write your life story.

You know yourself better than anyone else; no one can tell your story like you. Remember, you don't have to be a professional writer – you don't even have to write at all (more on that later). You just have to be willing to share your life experiences and acquired wisdom.

Reflecting and writing about your experiences and what you've learned from them often enables you to attain a dual sense of accomplishment and closure, plus it frees you to focus on your life now and your goals for the future.

In short, your life story ensures that your voice, personality and knowledge – your legacy – lives forever through your words.

You've Taken Charge of Your Life; Here Is the Opportunity to Take Charge of Your Legacy.

Now that you know just how important your life story is, you need to learn how you can create it. Essentially, there are two methods.

Method #1: Do It Yourself

This method is ideal for those who enjoy writing, like to learn new skills and/or have a limited budget. Whether you're starting from scratch, have kept a journal for years, or have already written a partial manuscript, I can help you.

I encourage you to [sign up for my free Weekly Writing Prompt](#), sent every Wednesday via email. Each prompt consists of one primary life story question to kick start your writing, overcome writer's block and keep you motivated. It's super simple but very effective...as long as you take the few minutes it takes to write down your responses to the questions, you'll end up with a rough draft of your life story in a year!

Remember, I believe writing your life story should be enjoyable and easily done, and I'm here to guide you along the way. Toward that effort, I'm developing additional resources for you, which will provide more in-depth writing and self-publishing tips, tutorials and coaching opportunities.

Note that I'm going to make these additional resources available to my email subscribers first, so be sure to [sign up for the Weekly Writing Prompt](#) to gain early access!

Method #2: Commission Your Biography

Some people desire a life story, but have absolutely no interest in writing it themselves. They recognize the value of hiring a professional to write the book on their behalf so that they are free to pursue their active lifestyles and endeavors. The significant investment is worth every penny to ensure that their legacy is preserved in a distinctive and exceptional manner.

If this sounds like you, then I encourage you to [schedule a complimentary Legacy Consultation](#) with me. During this 30-minute introductory telephone conversation, I will learn about your story, you will learn about my experience and together we will outline a plan of action.

Which Method Is Right for You?

If you're not sure, that's okay. Just pick the one you think would work best for you and give it a try. The [Weekly Writing Prompt](#) and the [Legacy Consultation](#) are both free, so you're not out anything if you're not satisfied, and you can switch methods at any time.

I'm sure I don't have to remind you how fast time flies. Don't close this report and think that you'll get around to your story someday.

The opportunity to create your legacy is limited. Start now.

[Subscribe to the Weekly Writing Prompt](#)

OR

[Schedule a Legacy Consultation](#)

But whatever you do, **#ShareWhatMatters**