



3 REASONS
WHY YOU SHOULD WRITE
YOUR LIFE
STORY

Dalene Bickel | Lasting Legacies



LASTING LEGACIES

“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.

Even if you're blessed with a near-perfect memory throughout your lifetime, it's important to do more than verbally share your stories.

Why?

Because according to Aaron Holt of the National Archives and Records Administration, **oral history is often lost within just three generations**. That's not very long.

Also, if you think that your treasured family heirlooms and financial assets – and the stories that accompany them - 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 treasured heirlooms are eventually sold.

The fact is that although money is nice, most family members would prefer to receive something that allows your voice, stories and wisdom to be preserved. In fact, **a study by Allianz Life Insurance Company found that Americans prefer family stories over money by a ration of 3:1!**

Take the time to write your life story and create a purpose-driven legacy. It's one of the most meaningful gifts you can give to loved ones and close friends!

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 anyone else...you have a life story worth preserving.

Whether you realize it or not, people 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 you share in your story.

Think about it.

How many times do you wish you could turn back time to ask older family members about their childhoods or get advice on a particular topic?

How often have you been at a social gathering and listened in fascination as someone related one of their personal experiences – and you wished you could have heard 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. 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 and 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.

Next Steps

There you have it! Three reasons why you should write your life story.

But now what?

Get started!

Take out a sheet of paper right now and write down 1-3 topics that are top of mind and then take 5-10 minutes to begin writing about one of them.

I'll be sending additional information and resources your way periodically, but of course, feel free to email me any time with questions. I'm here to help!

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