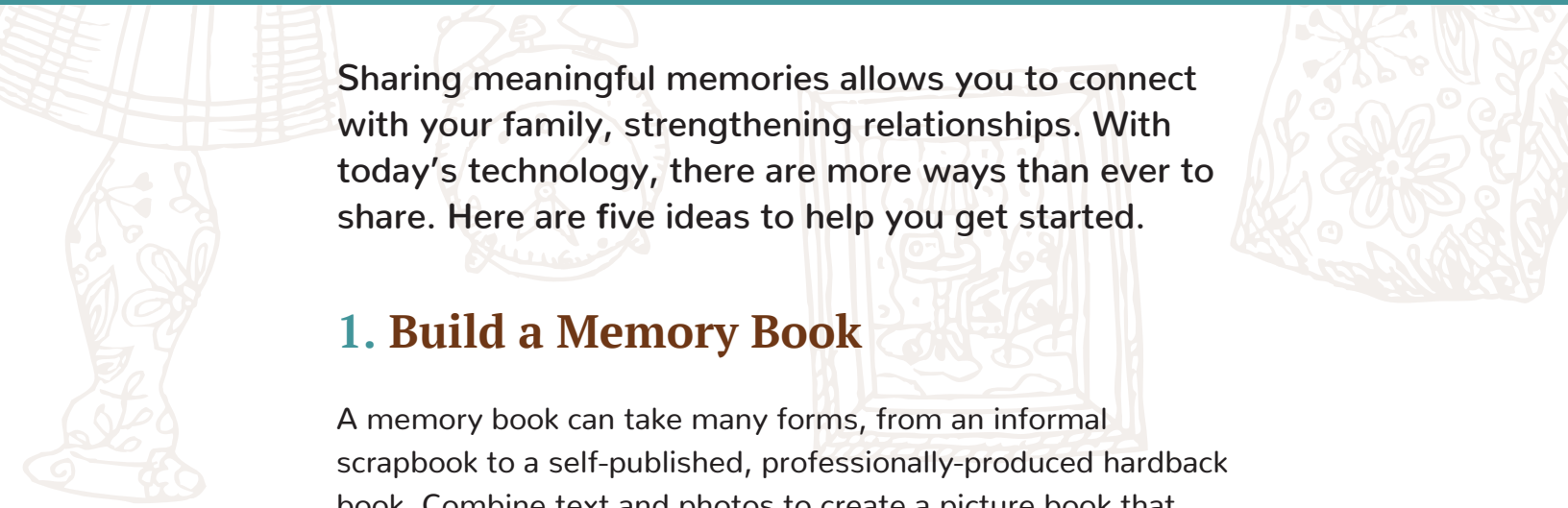


5 Ways to Share Meaningful Memories



Sharing meaningful memories allows you to connect with your family, strengthening relationships. With today's technology, there are more ways than ever to share. Here are five ideas to help you get started.

1. Build a Memory Book

A memory book can take many forms, from an informal scrapbook to a self-published, professionally-produced hardback book. Combine text and photos to create a picture book that shares important moments from your life.

2. Write a Memoir

If you enjoy writing or want to do more than share individual memories, you may want to write a memoir. The memoir format allows you to create a narrative and engage your readers through storytelling. Popular examples include Elizabeth Gilbert's classic, *Eat, Pray, Love*, and Michelle Obama's *Becoming*.

3. Record Memories on Video

Video is a wonderful way to share your memories because you're able to capture yourself as well as the stories you're telling. Your family members will appreciate being able to watch you share, giving your memories even more value. It's easy to create videos with a smartphone.



4. Create a Personal Podcast

Allow your creativity to shine by recording a “personal podcast” — a series of episodes, sharing a different memory in each episode. Your personal podcast can have a dedicated theme, such as travel stories, food memories, or active adventures. Or stay with a wider focus, encompassing a variety of memories. When you've completed your personal podcast, you can collect the digital files for each recording in a digital storage platform and share them with family.

5. Take Photos of Artifacts and Share Their Memories

Many memories are associated with physical items. These artifacts may have memories all their own, such as ticket stubs or a family heirloom. Or they may symbolize a bigger memory, such as a travel souvenir. Photographing and sharing the memories behind these items is a meaningful way to preserve their stories.

No matter which method you choose, your memories will be valued by your family. Sharing your stories will build stronger bonds with the next generation and will give you an opportunity to build on your legacy.

Use Thingealogy to easily organize and share images along with associated text and audio files of your memories with your iPhone or a computer.

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