



# EMPTY NESTER

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*This is a plan for Empty Nestor's. It has easy and simple activities for families with no children at home.*

**BEFORE YOU BEGIN:** Be sure to visit our website and fill out the Pre-Experiment Survey!

**TAKE SURVEY**

## 1 START YOUR LIFE STORY

Today start writing your story. Today simply brainstorm. Write down short and quick notes that remind you of people, places, memories, dates and other things you would like to include.

## 2 FAMILY HEALTH HISTORY

Your families health history is important and your health history is important to your descendants. Today start making a list of all of your relatives you need to call to collect a full family health history. Then start calling, texting, emailing, writing letters, or any other means of communicating all of the people on your list.

## 3 OUTLINE FOR YOUR HISTORY

Today using your brainstorm create an outline for your life story. You have multiple options for this you can do chronological order, theme order, family member order, or any other order you want.

## 4 DNA DAY

Today learn about what DNA is. Learn about the different DNA testing companies. Then decide whether a DNA test might be right for you. If it is go ahead and order it. If not thats okay too.

## 5 PLANNING THE TIME

Your story is going to take time and effort. It won't be done all in one sitting. Today take the time to figure out when you are going to write, for how long and about what. Maybe you choose to write every day from 9:00-9:30 am and choose one topic off of your outline to write about. It is up to you. Just choose what works for you.



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## WRITING HEALTH HISTORY

Today write down your health history. Include all relevant diseases, diagnosis, disorders or anything else. Use the information you have collected from family members and make a family health history. Then you may want to share all of this information with your descendants.

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## WRITING YOUR STORY

Today use your outline and really start writing your life history or life story. Start at the beginning or start with the easiest part for you to write first.

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## TELEPHONE

Choose a relative you haven't talked to in a while and give them a call. Just enjoy the experience of reconnecting.

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## GATHERING WHAT YOU KNOW

Today write down all of the things you already know about your family. Then search your house and gather everything that might also be relevant. This may include photographs, documents, letters, yearbooks, notes, charts, journals, heirlooms or anything else you can think of.

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## SAVE THE INFORMATION

Yesterday you gathered stuff about what you know. Today find a way to preserve it. That can be putting it all in one place. Taking photos of it. Scanning it into the computer. Typing up the written information and compile it.

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## SHARE WHAT YOU KNOW

Yesterday you choose your preservation method. Today you can continue preserving or you can start sharing. To share you can send an email, letter, post on social media, text a photo, or call a relative.



## 12 TIME CAPSULE

Over the last couple of days you have compiled information about your family. Today you can put some of it into a time capsule or you can put things from your life write now to put into the time capsule. After you have added the items seal the capsule, decide when you are going to open it and where you are going to put it. Then follow through.

## 13 EXPLORING TREES

Today explore the various online trees and websites that are available for family history. There are many options. Some are FamilySearch, Ancestry, MyHeritage, FindMyPast, and many many more. See which websites you like and which ones you don't. Then choose which website or websites you might like to start your tree on.

Tip: Already have a tree? If so no problem you can still explore the many options. Maybe you will find a new website you like better and switch or maybe you will find none and know that you already made the best choice.

## 14 RECORDING STORIES

Call or reach out to a family member. Ask them questions and get a family story. Then record it for future generations to enjoy.

## 15 RECORDING STORIES

Do the same thing you did yesterday except with a different story or family member.

## 16 RECORD TYPES

Today choose a couple of records types you want to learn about. They can be the beginning records like vitals and censuses or if you have been researching for a while choose a new type of record to learn about like tax records, adoption records or anything else you want to try.

## 17 LEARNING ABOUT THE RECORDS

Choose one or two of the records off of your list to learn about. One great resources for this is the FamilySearch Wiki.



## 18 GENEALOGY TV SHOW

Choose a genealogy TV show to watch today. Then watch it. Need some ideas? You can try *Relative Race*, *Who Do You Think You Are?*, *Long Lost Family*, and *Genealogy Roadshow*.

## 19 SEARCH THE TREE

Today choose one part of your tree and go over it with a fine tooth comb. Make sure all of the dates and places are standardized. Make sure all of the people have sources attached. Look and see if you can see any things that are missing or you could work on.

## 20 YOUR HERITAGE

Learn about your heritage and more about where your family is from. A great resource to use this is the FamilySearch activity "Where Am I From?". It allows you to see where your ancestors are from and it allows you to learn more about the different countries.

## 21 MEAL TIME!!

Yesterday you learned about your heritage. Today choose a recipe from one of those countries and then make it. You can either choose it and make it today or you can pick a day sometime soon to make it.

**WHEN YOU'RE DONE:** Be sure to visit our website and fill out the Post-Experiment Survey!

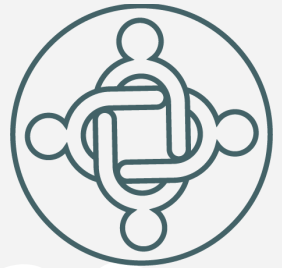
**TAKE SURVEY**



Share your progress with us on [Facebook](#), [Instagram](#), [Twitter](#), or [TikTok](#) using the hashtag #21DayExperiment

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DAY 1

Start Your Life Story

DAY 12

Time Capsule

DAY 2

Family Health History

DAY 13

Exploring Trees

DAY 3

Outline For Your History

DAY 14

Recording Stories

DAY 4

DNA Day

DAY 15

Recording Stories

DAY 5

Planning The Time

DAY 16

Record Types

DAY 6

Writing Health History

DAY 17

Learning About The Records

DAY 7

Writing Your Story

DAY 18

Genealogy TV Show

DAY 8

Telephone

DAY 19

Search The Tree

DAY 9

Gathering What You Know

DAY 20

Your Heritage

DAY 10

Save The Information

DAY 21

Meal Time!!

DAY 11

Share What You Know