

FAMILY HISTORY BOOK

CONTRIBUTED BY: Megan Clark from Rhode Island

Do just a couple of small tasks each day and before you know it, you've written your family history!!

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

**TAKE
SURVEY**

1

SET UP YOUR SPACE

Find a box, shelf, folder, or file cabinet to designate as a document space. This is where you will keep your family history information. You may choose to go virtual; create a folder on your computer for scans and documents. Gather what you already have into this space.

2

ABOUT YOU: THE BASICS

Write down the important dates in your life and the lives of your immediate family: births, baptisms, marriages, spouse's important dates, children's birthdays, children's baptisms, children's marriages, etc.

3

YOUR PARENTS AND SIBLINGS

Write down the important dates in the lives of your parents and siblings.

4

ABOUT YOU: DETAILS

Write down other important dates in your life that are less remembered, such as college graduation dates, priesthood ordination dates, and when you got your first job. Write down where and what happened, being sure to include any important details or moments you'd like to remember always.

5

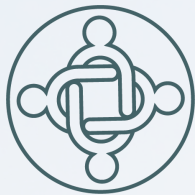
LOVE STORY

Write your love story or the story of another significant life events (getting into college, a high school triumph, a once-in-a-lifetime event, etc)

6

YOUR SPOUSE

Write down other important dates in your spouse's life that are less remembered, such as college graduation date, priesthood ordination dates, and first job. Write down where and what happened, being sure to include any of their important memories and feelings about those days.



FAMILY HISTORY BOOK

PAGE TWO

7 YOUR PARENTS LOVE STORY

Write your parents' love story. If they are still living, consider calling or writing them and asking for details. This can be a wonderful thing to have children or grandchildren participate in.

8 YOUR GRANDPARENTS: THE BASICS

Write down the important dates in the lives of your grandparents. If they are still living, consider calling or writing them and asking for details. This can be a wonderful thing to have children or grandchildren participate in.

9 YOUR GRANDPARENTS: THE DETAILS

Write down other important dates in your grandparents' lives that are less remembered, such as college graduation date, priesthood ordination dates, and when they got your first job. Write down where and what happened, as well as other family members who might have participated in the events with them.

10 WORLD EVENTS

Write down dates of important world events that occurred during your lifetime. Be sure to include where you were, who was with you, and what you felt at that time. Repeat for parents and grandparents. Ask them about important world events in their lives.

11 YOUR IN-LAWS

Write down important dates and events for your spouse's parents. Consider and include all pertinent people and places and feelings associated with these special events.

12 YOUR SPOUSE'S GRANDPARENTS

Write down important dates and events for your spouse's grandparents. Consider and include all pertinent people and places and feelings associated with these special events.



FAMILY HISTORY BOOK

PAGE THREE

13 EARLIEST MEMORY

Sit in a quiet place and let your mind wander back as far as your can remember. What is your earliest memory? Write it down. Who was there? What were you doing? What are some of the details you can recall? You might even consider recording an audio or video version on your phone.

14 EARLIEST MEMORY PART II

Invite your spouse and children to sit in a quiet place and let their minds wander back as far as they can remember. What is their earliest memory? Write it down. Who was there? What were they doing? What are some of the details you can recall? After interviewing your spouse and children and record their earliest memory, write it down. You might even consider recording an audio or video of their interview on your phone.

15 EARLIEST MEMORY PART III

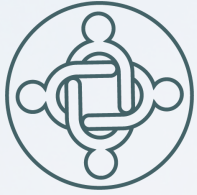
Invite your parents and/or grandparents to sit in a quiet place and let their minds wander back as far as they can remember. What is their earliest memory? Write it down. Who was there? What were they doing? What are some of the details you can recall? After the interview, record their earliest memory, write it down. You might even consider recording an audio or video of their interview on your phone.

16 PHOTOS

Collect at least one childhood photo, one middle aged photo, and one elderly photo of each member of your immediate family members and grandparents. Extend as far out as you have access.

17 FAVORITE MEMORIES

Write your favorite memory of each of your children and/or siblings.



FAMILY HISTORY BOOK

PAGE FOUR

18 TRADITIONS

Write down your favorite family traditions. Be sure to include sights, smells, sounds, people, and places. These little details will really bring these special traditions to life in your story.

19 THE BOOK

Make a simple book of the information, photos, and dates you have collected by either printing and placing in a dollar-store photo album, making a Word document, or by using an online service such as BYU's [Cougarpix](#) or any number of other online or local commercial printing services.

20 SCAN DOCUMENTS

Make digital scans of any paper records you have for your family or ancestors. Store these in a labeled file on your computer and on a secure cloud server.

21 SHARE

Share something you have learned during the past 21 days with your family. Post on your Facebook/Instagram/Twitter/family blog, etc, email someone, or even write a letter. You could also share your findings with friends and neighbors. Your passion might spark their interest and inspire them to create their own history.

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

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plan author

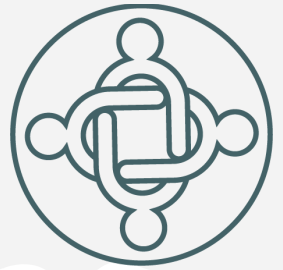
MEGAN CLARK



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

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DAY 1

☐

Set Up Your Space

DAY 12

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Your Spouse's Grandparents

DAY 2

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About You: The Basics

DAY 13

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Earliest Memory

DAY 3

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Your Parents & Siblings

DAY 14

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Earliest Memory Part II

DAY 4

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About You: Details

DAY 15

☐

Earliest Memory Part III

DAY 5

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Love Story

DAY 16

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Photos

DAY 6

☐

Your Spouse

DAY 17

☐

Favorite Memories

DAY 7

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Your Parent's Love Story

DAY 18

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Traditions

DAY 8

☐

Your Grandparents: The Basics

DAY 19

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The Book

DAY 9

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Your Grandparents: The Details

DAY 20

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Scan Documents

DAY 10

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World Events

DAY 21

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Share

DAY 11

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Your In-Laws