

101 Reasons to Chronicle Your Life Story!

“Jack Canfield and Mark Victor Hansen, authors of the Chicken Soup for the Soul books, believe that 101 is a magical number. Here is my list of 101 reasons why you should document your ‘soul’s journey on earth’, your personal life story.”

*- Debby Bitticks, co-author of
BioBinder™ Cherished Memories- The Story of My Life*



Self Growth, Reflection & Awareness

- ◆ Remember the challenges and triumphs that you faced on your life journey
- ◆ An opportunity to analyze your past; gaining insight about who you are today
- ◆ Understand how your experiences have influenced the path you chose in life
- ◆ Use your past and life changing experiences and grow from them
- ◆ To help make a plan for the rest of your life
- ◆ Create a feeling of satisfaction and pride
- ◆ Become aware of ambitions or dreams that you have not yet realized
- ◆ Exercise your memory
- ◆ Gain insight and perspective for greater understanding of the events in your life
- ◆ Increase self-awareness and create an opportunity to self-discovery
- ◆ Put life into perspective and appreciate what your experiences have taught you
- ◆ Fulfill a desire to “write” and create a meaningful literary piece
- ◆ To give yourself a goal to complete
- ◆ Capture all of your favorite songs and download them
- ◆ Record your life story so that you may reflect upon it in your twilight years
- ◆ Learn what you believe in and what matters most to you
- ◆ Record your accomplishments
- ◆ Because storytelling is fundamental to the human search for meaning
- ◆ Because insight through the written word is part of how we grow
- ◆ Discover greater clarity about what your life is and what your purpose might be
- ◆ Share your likes and dislikes
- ◆ Experience the fullness of life and show that it truly is a gift
- ◆ Discover if any events from your past are still impacting your life
- ◆ A personal way of learning about historical events
- ◆ An opportunity to celebrate your life
- ◆ A great way to review your own life
- ◆ Write a personal biography
- ◆ Document and keep records of your unique travel experiences
- ◆ Organize all your photographs
- ◆ Review your life each birthday
- ◆ Organize all of your collected memorabilia

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“I urge you to pursue preserving your personal history to allow your children and grandchildren to know who you were as a child and what your hopes and dreams were.”

- Oprah Winfrey

Strengthen Family Bonds

- ◆ Remember loving moments with your parents and siblings
- ◆ Write a family history
- ◆ Prepare to create a family and friends trivial pursuits game
- ◆ Demonstrate the importance of personal and family history
- ◆ Connect with your children
- ◆ Connect with your grandchildren
- ◆ Show future generations where they came from
- ◆ Create a family heirloom for your children and future generations
- ◆ Create your family tree and understand your heritage
- ◆ Show respect for your family
- ◆ Build a bond with a family member by doing the project together
- ◆ Create a gift for another family member
- ◆ Family stories are often told, but not recorded
- ◆ Uncover the existence of a famous or notorious relative
- ◆ Pass on “nuggets” of family history and pass on in the tradition of storytelling
- ◆ For blended families to share a common history
- ◆ Give families an opportunity to gather together
- ◆ Give family meals new meaning
- ◆ Create greater understanding of your parents’ life journey
- ◆ Track the geographical history of your family
- ◆ Learn about inspiring acts of heroism within your own family
- ◆ Discover any inventions created by a family member
- ◆ Learn clues about specific talents that might run in your family
- ◆ Gather information about your family’s past political affiliations
- ◆ Discover if your family heritage is one of entrepreneurial spirit
- ◆ Discover whether family members believed in ghosts or spirits
- ◆ So that future generations can see the past through your eyes
- ◆ Show your grandchildren what life was like when you were their age

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“Anyone who’s fortunate enough to live to be 50 years old should take some time, even if it’s just a couple of weekends, to sit down and write the story of your life, even if it’s only twenty pages, and even if it’s only for your children and grandchildren.”

- President William Clinton

Friendship and Intimate Relationships

- ◆ Gain insight about your life or a loved one’s and encourage forgiveness
- ◆ Reconnect with friends and family from years back
- ◆ An opportunity to improve communications or misunderstandings among loved ones
- ◆ Prepare for a family or class reunion
- ◆ Create a tool to celebrate and review annual religious or family holidays
- ◆ Improve your communication with others by better understanding yourself
- ◆ An opportunity to celebrate a loved one’s life
- ◆ Reminisce with friends
- ◆ Share your personal perspective of historical events
- ◆ Document a special occasion so that you can remember it in detail
- ◆ An opportunity to heal relationships
- ◆ Write about who you loved
- ◆ Write about the people that loved you
- ◆ An opportunity to better understand your loved ones
- ◆ A fun and enriching experience to enjoy with loved ones
- ◆ A way to show someone that they have truly made a difference in your life
- ◆ A relationship building activity
- ◆ An opportunity for someone to understand a loved one in a way they never have before
- ◆ Help alleviate misconceptions, clarify, and obtain a richer understanding of their loved one
- ◆ To appreciate how your loved one’s life story has contributed to the whole person they are today
- ◆ Enhance an intimate aspect of the relationship - a treasured experience for the rest of one’s life
- ◆ Rub nostalgic shoulders with celebrities who were colleagues or acquaintances of your family
- ◆ Provide factual information about historical events that might help researchers
- ◆ Share what it’s like to endure the sights and sounds of a war during military service
- ◆ Compare notes about music, etc. with contemporaries
- ◆ Provide a model of encouragement for others to seize opportunities in their life

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“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

Health

- ◆ Share knowledge you may have about other family members' health problems
- ◆ Document and record genetic information you may have gathered about yourself
- ◆ Pass along information about hereditary medical conditions for future generations
- ◆ Be better prepared in the event of a medical emergency
- ◆ Have fun and R E L A X
- ◆ Help identify “patterns” in your life
- ◆ A great way to gather your family's health history which could save a life!
- ◆ U.S. Surgeon General H. Carmona said, “The bottom line is that knowing your family history can save your life. . . . When a health care professional is equipped with a patient's family health history, he or she can easily assess the inherent risk factors and begin tests or treatment even before any disease is evident.”

Ethical Will

- ◆ Organize your thoughts for your ethical will
 - ◆ Communicate any thoughts that you may not have been able to verbalize
 - ◆ Help identify and clarify your core beliefs and values
 - ◆ Share with others who you are
 - ◆ Inspire whomever reads your words to be the best they can be
 - ◆ Pass along personal values and wisdom
 - ◆ A vehicle to share and teach valuable life lessons
 - ◆ Provide encouragement and a model to overcome hardships or obstacles
 - ◆ Express spiritual and philosophical values
 - ◆ Realize what has most impacted your life and to share that with others
 - ◆ Ethical wills are important for sharing life lessons for your family
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