This is your no nonsense guide to getting underway today with your Life Story project.

Used this guide in conjunction with the free e-book Recording Life Stories, from Create Your Life Story.com, as well as individual posts and podcast episodes that go into much more detail and discussion about the individual aspects of each topic.

The purpose of this quick guide is to get you started now!

This guide is a quick overview of how to produce a Life Story so you can easily find somewhere to start today. If you do nothing else, go to 5 Simple Steps to Starting Your Life Story, to help you get motivated and underway.

Inspirations and Reasons

Consider for a moment why you want to create a Life Story.

- The little things that make people special.
- A significant person to the community or family.
- You have something interesting to say.
- This story is a snapshot of history.
- Journal life record as it’s lived.
Motivation

Take some time to look at why you’re motivated to create this Life Story

- Time is running out.
- Curiosity – How is it different from today?
- Ask questions.
- Worthiness, love and respect.

This motivation is what you need to remember to maintain the effort to completion

Effort & Determination

Things needed to be done to complete a Life Story.

- Assistance.
- Mention wanting to talk to them.
- Topics.
- Memorabilia.
- Prompts and discussion points.
- Equipment.
- Recording location.
- Recording dates.

Chances are the first things to do involve asking for assistance or doing some research. While working on current tasks you can be preparing for what comes next. This will help you to know what to do next simply by working through what is in this guide.
Get Started

You'll need some equipment and processes to get under way. Some of these you may already have…

**Audio Recorders**

- Cassette & Tape Recorders.
- Mini Disc.
- Mobile.

What do you have?

**Digital recorders**

- Software on your computer.
- [Zoom H1](https://www.zoomh2n.com), H2n, H4n.
- [Tascam DR-03](https://www.tascam.com) & many others.

**Microphones**

- Built-in – Available in most digital recorders.
- Lapel/Lav – [Best for relaxed conversation](https://www.zoomh2n.com).
- Desk – Highest quality.

**Prompts**

Carry a note book for a few weeks and **jot down inspired topics** as they spring to mind.

- Reflection – Consider all the interesting topics and points.
- Inspiration – Record those moments that spring to mind.
- Photos – Talk about the people, places and times shown in photos.
- Documents – Documents remind you of particular times.
- Memorabilia – Bric-a-brac and souvenirs can inspire.
Directed Conversation

A Life Story is not an interview but an inquiring and engaging conversation. In order to help them relax, open up and share their Life Story, it’s necessary for you to listen intently and ask insightful questions that shows your interest in the topics. Add a little of your personality but always relate to their situation.

For the duration of the conversation an attitude of enthrallment in all the topics and their personality is best.


Storytelling

You know the topic you want to speak about. Ask yourself a question about the topic, then answer it as if you were talking to someone on the other side of the table.

You will be pretending that you’re in a real physical conversation with the listener, who will feel as if you’re talking directly to them.

Environment

Consider your home as the ideal environment in which to record.

- Comfort – Have relaxed seating with a table to scatter objects on.
- Atmosphere – As quiet as possible with good acoustics. Turn off noisy appliances.

Congratulations! This is the most important phase completed. If anything goes wrong at least the audio is captured. Now to move into making it a great listening experience so that others can enjoy this Life Story.

Editing & Publishing

It’s all well and good to record the audio but to have others want to listen, it needs to be easily accessible and enjoyable listening. With the use of simple audio editing software on your computer you can go further than just sharing raw audio.
Editing

Editing is creating more from what you have.

- Removal of audio – Enhancing the storytelling.
- Rearrangement sections – To suit the timeline or themes.
- Chapterisation – Break up into shorter, easier to listen to chapters.

Mixing

Blending other components to the recorded conversation can improve things a great deal.

- Music – Adding music adds emotional impact.
- Sound Effects – Can add emotional impact similar to music.

Sharing

Sharing is ultimately what a Life Story is all about.

- Physical – Transfer the audio to listen from tape, CD/DVD or text for a book
- Digital – Share audio via email or audio sharing sites
- Web – Create a web site

Make a decision

There it is… Now you have a quick overview to get underway with your project. There is also much more detail on the web site at Create Your Life Story to go as deep as you need.

Which one simple task can you act on Right Now?
Something to start, as the first step on the path to completing your life story.

Please come back to Create Your Life Story and share with us your experiences and what you gained from recording and sharing your Life Story.
There’s more to learn about personalisation but starting then involving others will help you finish your Life Story project.

To find out more **Click on this Short Video.**