Start with one memory.

A simple path from “where do I begin?” to a story your family can keep.

Choose a small moment

Pick a scene you can picture: a kitchen table, a first day at work, a familiar drive. One specific memory is easier to begin than a whole autobiography. Write down who was there, where you were and what happened.

Gather three things

Find a photo, an approximate date and a detail only you would remember. A smell, a phrase or a funny mistake can bring a moment back to life. If a date is uncertain, label it as approximate.

Tell it in your own voice

Write a short paragraph or record yourself speaking with a tool you already use. Start with “I remember…” and keep going for five minutes. You can organize and revise the story later.

Add the context

Name the people in the story and explain their connection to you. A future reader may not know who “Aunt June” was or why a particular place mattered.

Review before sharing

Ask living people before sharing their personal stories or photos. Keep your original files in a separate backup. When you are ready, visit the account entry page to continue with Report Legacy.