

Our Ancestor's Legacy: How to Write a Life Story

by Cindy Bezas, M.S. - Saturday, Aug 24, 2024 - 12:45 p.m. - Rooms 115 & 116

Overview:

The 5 benefits of knowing your family history (credit: Wardleigh):

- 1.
- 2.
- 3.
- 4.
- 5.

Which one struck you as most important for *your* family?

What is the "Hero's Journey" (credit: Campbell)?

Why is it crucial to remember the Hero's Journey when writing a life story?

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Class Activity:

Three keys for successful storytelling are the c_____, the c_____ and the c_____ (credit: Raj).

One of the most crucial aspects of writing a history is to remember _____.

The "Stake Your Claim" Name: _____.

⇅ ⇅ ⇅ ⇅ ⇅ ⇅ ⇅

The largest inspiration from _____ was/is _____.

Sample Story:

Clear c_____:

Clear c_____:

Clear c_____:

5 W's:

5 Senses:

Invitation:

Completion Place

Time Frame

Accountability Buddy

Helpful Resources

- Campbell, Joseph, et al. *The Hero's Journey: Joseph Campbell on His Life and Work*. Joseph Campbell Foundation, 2018.
- "How to Tell a Captivating Story - from a Wedding Toast to a Job Interview." *NPR*, 28 Apr. 2022, www.npr.org/transcripts/1094947453.
- Hu, Elise, and Audrey Nguyen. "How to Tell a Captivating Story - from a Wedding Toast to a Job Interview." *NPR*, 28 Apr. 2022, www.npr.org/2022/04/26/1094947453/how-to-tell-a-good-story.
- León, Felice. "How to Get Started Documenting Stories from Your Life." *NPR*, 16 Aug. 2023, www.npr.org/2023/07/11/1186984114/how-to-tell-your-own-story.
- Miles, Madeline. "How to Be a Good Storyteller." *BetterUp*, April 17, 2024, www.betterup.com/blog/how-to-be-a-good-storyteller.
- Raj, Arjun Sundar. "The Three 'C's of Storytelling." *LinkedIn*, 10 Sept. 2019, www.linkedin.com/pulse/three-cs-storytelling-arjun-raj#:~:text=In%20sum%2C%20the%20three%20keys,three%20keys%20have%20been%20instrumental.
- Wardleigh, Chakell. "5 Benefits Of Knowing Your Family History." *SelectHealth*, 5 Aug. 2019, selecthealth.org/blog/2019/08/5-benefits-of-knowing-your-family-history