

Create your memory book



Seniors

You've no doubt lived an exciting life up to this point, with decades of memories and shared experiences to reflect on. But it's important to think about the future, especially as you reach retirement age.

You've lived through some incredible times – decades marked by eras like the swinging '60s, the women's liberation movement, the surge of rock 'n' roll, and much more. So, have you thought about what sort of legacy you want to leave? You can get started by filling out this memory book template. It will cover all the major points in your life and allow you to share your legacy with loved ones even after you pass.

If you enjoy the process, you can use this as a jumping-off point to put together an even more comprehensive story of your life. But for now, take some time to reflect on your life so far and the key moments you'd like to share with those most important to you.

How to use this template:

Complete the template by answering each question using the examples to guide you. You can also print this template and paste photographs, letters, ticket stubs etc in the space provided.

A bit about me



Start by sharing just a small bit of information about you – the first things that come to mind. While the friends and family who read it will already know a lot about you, it will help get you into a rhythm for the more detailed information to follow. It's also a good starting point for your complete life story.

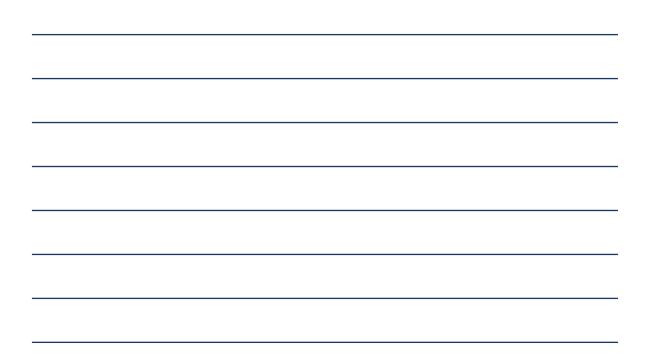
My early years



Share a few special moments from your early years:

- In which city were you born?
- Were you delivered at a hospital or home birth?
- What do you remember about your infancy and into childhood – friends growing up, the name of your school, your favourite classes, what you did on weekends and where you went on holidays?

e.g. I was born in a little country town on the coast of NSW, but it wasn't long before my parents packed us into the car and moved us to the big smoke...



Add your photos here!



My teens and young adulthood

Share stories from your teens through to your mid-20s: Who were your favourite bands?

- Did you play any sport? If so, what type?
- Did your friends have a nickname for you?
- What were some of your worst fashion moments? (include pictures if you can!)



Mid-life



This is the time in your life when some big changes may have happened. Feel free to share stories about important people you met, whether you got married and possibly had children, opened a business or climbed up in your career. Give a general overview and then dive into the details in the next section. Key events



Use this area to describe, in great detail, the key events that affected you most and that you want to share with your loved ones. What were some of the biggest moments that marked your life? Were there historic events like the Vietnam War, Gough Whitlam's dismissal or the rise of the internet that had an impact on your life?

My family and friends

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How do you want to describe the people closest to you? Think about your best friends and loving family members, and consider how you can tell stories about them that will engage with those reading your memory book.

Maybe pick three important people – or just a sentence on lots of different people – and share how important they are to your life and what they've meant to you over the years, e.g.:

- My partner is...
- My child is...
- My best friend is...
- My pet is...

My favourite memories

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These should be key events in your life that are personal and that have stuck with you over the years. It could be your wedding day, a special holiday you took with friends, a gap year spent travelling after school, a special bonding moment with a family member – anything that brings a smile to your face when you think about it. Add your photos here!



My biggest achievements

What knowledge have you gained over the years that you want to share with those who read your memory book? What exactly do you want them to know about you or remember you for? This might include the things you value most in life, such as connections with family and your academic achievements.

This is also a time to share any fun 'secret' knowledge that not everyone may know about you, such as whether you can speak another language, your special skills and talents, or perhaps what career you wanted when you were a child.



A quote that I stand by

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What type of legacy do you want to leave? Everyone is different, but Australian seniors have some shared ideals on what sort of impact they want to leave for younger generations, as shown in the <u>Leaving a</u> <u>Legacy</u> survey. A nice way to wrap up your legacy could be in a succinct quote, e.g. "Don't sweat the small stuff."

XXXQ

