Capture ideas whenever they come to you. Write them down in a notebook, or a note-taking application on your phone, tablet, or computer. You can go back later to write or record the full story when you have more time.

Anyone can tell a story. You don’t have to be an award-winning writer to tell what happened in your own words. To make it simpler, consider using your phone’s audio recorder, or record your stories and connect them with your ancestors in the FamilySearch mobile apps.

Take advantage of whatever free time you have to capture pieces of a story here and there. Record stories on your phone while you are fixing a meal, walking to the bus, or visiting relatives. Don’t get hung up on the story being long or polished. Just focus on sharing the key moments.

Capture your family stories in whatever format is most comfortable. Consider enlisting the help of a family member who is more familiar with the technology. It will be a blessing in their lives to help you preserve your stories and share them more broadly with family.

How will you make sure your own family stories are passed down? Here are some answers to common hesitations you might be having right about now:

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