

If you want to develop a life summary for you or someone else, it may be worth investing \$10-\$25 in a book to help with a substantial number of questions plus strategies for assembling the materials. Two books you might consider are:

- *Memento: My Life in Stories* by Michael McQueen
- *Questions to Bring You Closer to Dad* by Stuart Gustafson and Robyn Freedman Spizman

WARNING: To use one of these books effectively involves choosing key questions and then collecting the information in a way that's convenient. I've talked to numerous people who were handed a book like the two mentioned above and asked to fill it out. For those I've talked with asked to do that, any guess how much of it was completed? Almost none!

Some people will be more comfortable answering the questions verbally rather than writing or typing responses. Assure you collect the information as easily as possible for the person you want the background from (including if it's from you, of course!)

- List the questions and provide the hand-written or type-written answers in your Binder of a Lifetime (BoaL.) Consider creating a computer folder and saving these electronically there too
- For voice recording of the responses, use a cassette recorder; MP3 recorder; smartphone voice recorder; computer recording program or ??? (Put a copy of the media in the back pocket of your BoaL)
- To video record the responses, use a videocamera; computer camera and microphone; smartphone camera, www.StoryCorps.me or ??? (Put a copy of the media in the back pocket of your BoaL)