

Over a lifetime, we amass so many things. Some are precious, some not so much... Because this project can appear overwhelming, PRIORITIZE. Select 10-30 items with meaning to you, that others will want and/or have a story that needs to be told. If you get done with these and want to do more, all the better! :-)

Now describe 1-2 of these prioritized items to get the experience of how to do this. DETAILS to consider including are:

- Detailed description of the item
- Where the item is located
- History of it – who made it, purchased it, etc.
- Is there a special someone who should own it next? \*\*

OPTIONS - WAYS TO SHARE DESCRIPTION INCLUDE:

- List the DETAILS above for each item on a separate sheet of 3-holed paper and place each in this section of your Binder of a Lifetime
- Labeling a piece of masking tape and placing it underneath the item is frequently all that's needed (if valuable, maybe include a \$\$ sign too?)
- Video record you displaying the items, explaining the history, etc.. Have a family member or friend do this with you and maybe ultimately put it privately on a video sharing service like YouTube or on a memory stick?

After you have done this for the first 1-2 items, share what you have done with a family member or friend. Have them give you any thoughts they have to make this process even better. Now continue with the rest of your precious things. Now consider doing a “bulk effort” – photograph or video your entire home?

To “jump start” your final list of THINGS, here are some to consider...

- Artwork/Antiques: paintings, furniture, dishes, silverware, ...
- Items from your parents, grandparents or other family members
- Cherished papers/letters (if not contained in BoAL already, of course :-)
- Picture albums
- Anything “packed away” for safe-keeping that should be part of this?

**\*\* Many families find that sharing/distributing family treasures over their lifetimes is satisfying (the items don't linger in the attic and instead can be displayed, used, etc.. )**