

SPECIAL REPORT

“25 Reasons Why You Need to Share Your Life Story with Others”

by Mary G. Anderson, *Family Legacy Planning Institute*



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Organizational Consultant/Coach, Author & Speaker

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1. No one else will do it for you. No one else can. You have one life, one time, with one legacy to leave behind.
2. No one else knows the stories of your life like you do. Give the gift of your lessons learned. Write it down.
3. This is an opportunity to share knowledge, wisdom and advice to those who would be inspired to learn from us.
4. When we record something, we begin to remember more. Share more too.
5. By reflection and documentation we can begin to develop a deeper appreciation for all the places, people and things that have influenced our decisions and experiences.
6. A life examined and recorded is twice precious, first the experience itself and then the memories it evokes when we read about it later.
7. Everyone has a story to tell. We each have our own unique view of history from our own perspective. Share it.
8. Being remembered is important to each of us. We all hope that our lives have impacted others by the choices we have made and the values we have lived by.
9. Sharing your unique story with and for generations to come brings your name on the ‘family tree’ to life. Make your ‘leaf’ shine.
10. If not documented, recorded and shared the stories you learned from your own grandparents will most probably die with you. Dig deep and share those tales, once more, for posterity.
11. The activities and playtime you did as a child are so alien from a child’s world today. Educate them about how much fun you had as a child.
12. By sharing any challenging or painful memories of childhood (as seen with the eyes of an adult) will allow you to help others build strength and courage. Let them learn from your example.
13. Telling your story gives you the opportunity to leave a legacy for friends and family.
14. Charting your life including the holidays, celebrations and traditions is an important way to honor and commemorate your own life.
15. Your family and friends may often know you as “Grandpa”, “Uncle” or “Baby Brother”, providing a story of your life allows everyone to know all the different ‘roles’ you have played in life to date.

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16. By sharing how you have been challenged by adversity and difficult times, you will give someone dear to you the precious gift of persistence and faith.
17. When you look back at your family-of-origin, childhood activities and young adulthood you begin to understand the feelings and emotions that others are currently experiencing. Give them the gift of your understanding and support.
18. When you document your life story, it is often easier to request forgiveness and share your ‘*woulda’s, coulda’s, shoulda’s*’ with others vs. talking in person, face-to-face. Give the gift of your story to heal someone else.
19. When you write your story, it allows you to have a perspective as if you are looking down ‘from the sky’ at the life you have lived, the choices you have made and the experiences that have shaped you. Take a view of your life ‘from the sky’ and give the gift of your hard-earned wisdom to others today.
20. It has been scientifically proven that looking back at our journey to date allows us to move forward with less distraction and regret. Your lessons learned provide a map for others to take risks and grow (including you).
21. Physicians know that sharing stories, connecting with others and letting go of past hurts will actually reduce your stress levels and heart rate. A true healing of the heart occurs when we aim to let go of our resentments and anger toward others. Examine the past and let go of what doesn’t serve you anymore.
22. When you write or record your life story it provides the ultimate journey inward and outward. You have a chance to learn more about yourself, your ancestors, your hometown, your education, family stories, pets, and more. You begin to realize how much your past has affected every day of your adult life. It is the ultimate journey of self-discovery, even if no one else ever reads it.
23. When you create a legacy will sharing your life story it allows you to finally explain odd traditions, standards, beliefs, myths, stories and more that have been a part of your family for years and years. From putting together a recipe book of favorite holiday recipes to sharing the stories behind various family heirlooms. You can pass down traditions, standards, beliefs or even recipes that have a great deal of meaning within the family or community.
24. As you grow older and less verbal, it helps caregivers and others to see you as you once were.
25. You will be respected, envied and praised for doing what most people just talk about doing.

Questions? Comments? Please contact us by telephone or e-mail [here](#).

“The universe is not going to see anyone else like you in the whole history of creation. It is up to you to become a letter, a word, a page in the book of human history...” ~Vartan Gregorian

About the Author...

Mary G. Anderson, Family Legacy Planning Institute

- Organizational Consultant/Coach, Speaker and Writer
- Certified Conflict Resolution Specialist/Mediator
- Hewlett Packard, Management Training Specialist
- Founder, Advanced Legal Training Institute & Family Legacy Planning Institute
- Producer and host of “Voice of the Valley” television show
- BA Willamette University, Secondary Teaching Credential

Family Legacy Planning Institute (Client Services & Estate Settlement Advisor)

Founder of the *Family Legacy Planning Institute*, Mary Gutheil Anderson, is an organizational consultant/coach, speaker, seminar leader and TV producer. Mary specializes in supporting clients through difficult life transitions. She offers strategies, solutions and systems to assist clients through the challenging process of dealing with unexpected and unwanted change. As a personal and business coach, Mary works with clients who are going through transitions such as grief over the passing of a loved one, life threatening illness, loss of job, relocation, divorce, feelings of overwhelm and chronic disorganization.

In the past few years, Mary has met with a series of unexpected deaths, which included four family members, including her 22- year old son, Taylor. She was forced to confront many challenging obstacles including planning funerals, settling four complicated trusts and making other difficult end-of-life choices. It was at this time that Mary also became actively involved as executor of both her parent's estate and brother's estate. She quickly learned about the grief, shock, inertia and indecision that often face executors/trustees as they try to quickly organize and access all the paperwork, deeds and property etc. that may be required by CPA's, attorneys, insurance/real estate agents or other advisors. The Family Legacy Planning Institute was created to help other individuals and families who were working through similar challenges (facing some of the same issues she had). She works in conjunction with the professional services offered by the Estate & Trusts Attorney.

Mary provides a consulting service to assist clients who are either in 1) the midst of handling a death of a loved one, executing and settling their estate and/or 2) a client who has decided to get organized and plan ahead by completing an end-of-life plan including their will, collecting their important papers and completing a checklist of final wishes. She also offers Legacy & Succession Planning services for business owners and executives as they develop their vision and successors for generations to come.

*Member of the International Coach Federation (ICF)
Certified Professional Coach, Charter Member of Coachville (COACH U)
Graduate, Excellence Coaching &, Accomplishment Coaching
Graduate, Life on Purpose Institute, Coaching from Spirit & Explode Your Business Income
Golden Circle Member of National Association of Professional Organizers (NAPO)
Member, International Enneagram Association (IEA)
Member, National Speaker's Association (NSA) & Member, American Society of Training & Development (ASTD)*

A Note from Mary

Are you going through a challenging period of time facing some difficult changes, health issues or sudden grief over an unexpected loss? Are you an individual seeking unbiased support and a path to manage change in your personal and/or business life? You might consider hiring a coach. Coaching is a positive, powerful investment in you, your growth and is often tax-deductible as a business expense. Contact me to set-up a complimentary 30-minute coaching call. In our time together, we'll explore the issues bringing you to coaching and determine if I'm the right coach for you!

“Most of us miss out on life's big prizes. The Pulitzer. The Nobel. Oscars. Tonys. Emmys. But we're all eligible for life's small pleasures. A pat on the back. A kiss behind the ear. A four-pound bass. A full moon. An empty parking space. A crackling fire. A great meal. A glorious sunset. Hot soup. Cold beer.” ~Anonymous

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