

ROOTSTECH 2025

From Memories to Legacy: 5 Steps to Write Your Life Story with Purpose

Syllabus & Resources

Joanna Klein, MSW
Journey to Legacy



About This Session:

Discover a simple 5-step approach that transforms your memories into a meaningful legacy. This engaging webinar will show you how to overcome common writing hurdles and turn your experiences into impactful stories.

▶ **What You Will Learn:**

- Understand the unique nature of life story writing
- Learn to explore memories beyond surface-level facts
- Discover how to craft personal stories that resonate with your readers
- Master techniques for adding historical context
- Transform experiences into wisdom for future generations

Through interactive exercises and discussions, you'll gain fresh perspectives on your life journey. We'll explore why your unique story matters and how to make the writing process rewarding. You'll learn to craft stories that resonate with and inspire future generations. You'll leave with practical tools and renewed confidence to bring your life story to life.

▶ **Session Format:**

- 60-minute interactive presentation (online)
- Writing exercise
- Story transformation demonstrations
- Q&A opportunity

▶ **Please Bring:**

A notebook or digital device for writing exercises

▶ **Who's This For?**

- Anyone wanting to preserve their stories
- Family historians seeking deeper connections
- Those feeling stuck in their writing
- People wondering if their stories matter

▶ **Join us to learn how to preserve your legacy in a way that's meaningful to you and your family.**

Session Outline

"We delight in the beauty of the butterfly but rarely admit the changes it has gone through to achieve that beauty."

Maya Angelou

▶ Introduction

- Welcome and introduction
- Audience alignment: Who this session is for and what participants will learn
- Understanding self-doubt in writing
- Example: Linda's original story

▶ Life Story Writing Distinction

- Definitions and key differences: autobiography, memoir, and life story writing
- Introduction to the freedom and flexibility of life story writing

▶ The Five-Step Legacy-Writing Framework™

1. *Write For Yourself First*

- The importance of writing as a private, self-discovery process
- Writing Exercise

2. *Dive Beneath the Surface*

- Adding emotional depth to stories
- Example: Linda's revised story
- Writing Exercise

3. *Find Universal Themes*

- Uncovering themes that resonate with others
- Interactive chat: Identifying shared human experiences

4. *Choose Details That Matter*

- Enhancing stories with historical, cultural, or personal context
- Example: Linda's revised story

5. *Connect Past to Present*

- Reflecting on growth and wisdom gained from life events
- How this step transforms stories into a lasting legacy

▶ Closing

- Encouragement to continue writing and reflecting
- Final remarks: "Your stories matter—turn memories into legacies."

About the Instructor

Joanna Klein, MSW

As an entrepreneur, writer, and coach who has designed and directed empowering personal development programs for 4+ decades, Joanna Klein knows that documenting the essence of one's life can feel overwhelming. If you have tried and abandoned writing prompts, struggled to follow instructions in a memoir guide, or sorted fruitlessly through old photos, you are not alone.

To ease the process, Joanna built a digital life-story writing platform called Journey to Legacy and created a 7-step storytelling framework to stimulate memory, craft compelling stories, and captivate your readers. Journey to Legacy's online courses, coaching, and intuitive writing software incorporate proven methodologies that have helped hundreds of people uncover and share their most meaningful memories. Journey to Legacy helps you preserve the one-of-a-kind narrative that only you can pass on to future generations. Let us guide you in connecting the past and future with your legacy.

Connect with Joanna

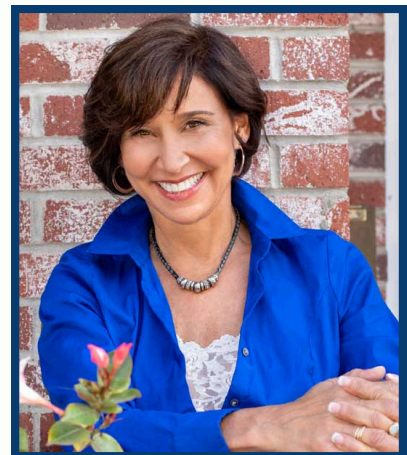
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Free Guide to Life Story Writing: <https://journeytolegacy.com/story>

RootsTech Limited-Time Offer:

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Visit: www.journeytolegacy.com

Use code: RT2025

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