

# Capture the Important Moments: Turning Your Daily Life Into a Living Family Story

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## WHAT THIS CLASS IS ABOUT

This class teaches how to recognize and preserve daily experiences as part of living family history. Using the **Micro – Macro – Mega Framework**, participants will learn to capture everyday stories, traditions, and milestones through FamilySearch Memories and other simple tools.

Family history is not only about the past—it is about **living your story now** and connecting generations through identity, empathy, and creativity.

## WHAT YOU WILL LEARN

By the end of this 20-minute class, participants will be able to:

- Identify “Micro,” “Macro,” and “Mega” moments worth recording.
- Use FamilySearch Memories to safely store photos, stories, and voice recordings.
- Understand how storytelling strengthens family identity and belonging.
- Apply a short weekly routine to build a meaningful living legacy.

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## THE MICRO – MACRO – MEGA FRAMEWORK

Type of Moment	Description	Examples	Suggested Tools
Micro (Weekly)	Everyday glimpses of life; small reflections that reveal who you are.	A journal note, a photo of a family dinner, a quote from a sibling.	FamilySearch Memories app, phone notes, short audio recordings.
Macro (Monthly)	Significant but recurring milestones that show growth and connection.	Birthdays, first jobs, traditions, interviews with relatives.	FamilySearch Memories, Google Drive folders, printed photo albums.
Mega (Yearly)	Major life transitions and reflections that define a season of life.	Graduation, moves, spiritual milestones, family reunions.	Story videos, written essays, shared family timelines.

## HOW TO ACCESS FAMILYSEARCH MEMORIES

1. Go to [www.FamilySearch.org](http://www.FamilySearch.org) and sign in or create a free account.
2. Select “**Memories**” from the main menu, then go to “**Gallery**”.
3. Choose **Add – Photo, Story, Audio, or Document**.
4. Add titles, tags, and relationships to connect each memory to your family tree.
5. Control sharing settings for privacy—content can stay visible only to you or to invited relatives.

## PRO TIPS: CAPTURING DAILY LIFE

- **Think small, not perfect.** Imperfect photos and voice notes often tell the truest stories.
- **Set reminders.** Choose one day each week to record a Micro moment.
- **Use prompts.** "What made me smile today?" or "What family trait showed up this week?"
- **Involve others.** Ask siblings or grandparents to add their perspectives.
- **Back it up.** Download or print favorite stories annually.

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## PRO TIPS: STORYTELLING FOR IDENTITY AND HEALING

- **Start with emotion.** Describe how a moment felt before explaining what happened.
- **Connect patterns.** Notice similarities between your life and your ancestors' stories.
- **Share selectively.** Post with purpose—share stories that inspire gratitude, not comparison.
- **Heal through history.** Recognizing family challenges builds compassion and breaks negative cycles.

## USING TECHNOLOGY WITH PURPOSE

- **Create, don't just consume.** Turn scrolling time into storytelling time.
- **Five-Minute Legacy Habit:** Each week, upload one image or record one 30-second reflection.
- **Compare vs. Connect:** Social media shows perfection; family stories show resilience.
- **Remember:** You are writing history in real time.

## INVITATION

1. Record one Micro moment this week.
2. Upload it to FamilySearch Memories or another private archive.
3. Reflect at the end of the year on how these small stories reveal your family's strength.

*Your ancestors believed in you—now believe in your story.*

## CONTACT

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