

The Book of Me, Written by You

By Julie Goucher 2012 – Anglers Rest Blog – <http://www.anglersrest.net>
Website <http://www.anglers-rest.net>

Introduction

The Book of Me is a themed event enabling you to build a “Book of Me” over at least the coming year to share with your descendants, in reality this project can be as long or as short as you want it to be.

So much of our time is researching our ancestors, but how much of the incidentals of our lives do we share, or know about our parents, grandparents, siblings and the people that matter to us?

It is these incidental snippets that enable us to “flesh out” our ancestors and what more of a legacy could we present to our descendants or future researchers?

Over the coming weeks there will be a weekly prompt enabling you to share those details and perhaps include details of things that you know of your parents, Grandparents, siblings etc

This is not just about genealogy or family history. It is about a personal journey; a journey of rediscovery of yourself and perhaps your loved ones through your eyes.

Logistics

This themed event has been written by me and presented and delivered to a group. You can read the background [HERE](#).

This was initially delivered in a workshop situation, but was more condensed however, blogging the prompts and or creating a scrapbook or journal will work just as well and the choice is yours. You could create your book of me and share only a fraction of it online. Share what you feel comfortable sharing. You could share the pitfalls, dilemmas and joys.

My recommendation is that if you choose to create a journal or scrapbook that you keep the pages in a ringed binder. The prompts are presented in a random fashion, so a ring binder gives you the flexibility on how what you include and how you layout your book of me.

The important bit is to respond to the prompts, have fun, and build your own book of me.