



5 Simple Steps to Protect Your Stories and Photos

A practical Guide to Treserving Family Memories

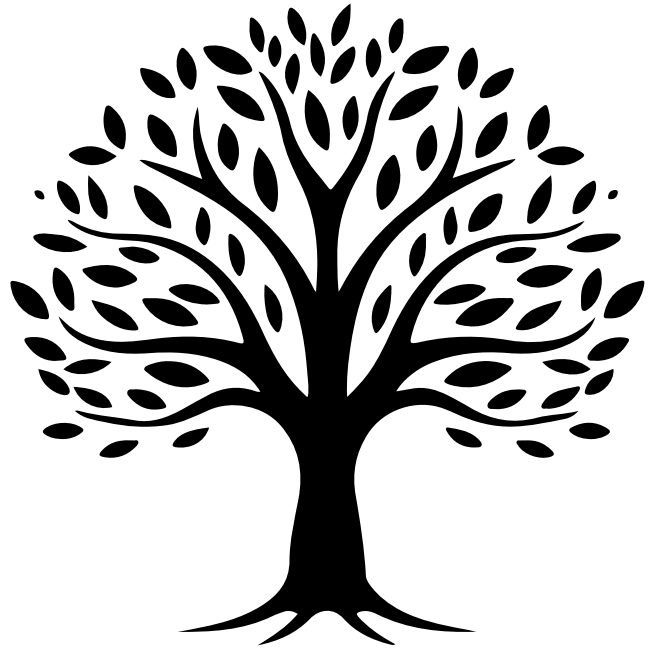
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Introduction

Every family has a story. Each laugh, tradition, and photograph is a piece of history that deserves to be remembered. Too often, these memories fade with time, photos get lost, elders pass on, and important details disappear.

This short guide will help you take the first steps in preserving your family history, so your children and grandchildren can know where they come from, and feel proud of their heritage.



Step 1

Gather Your Stories

Your family history starts with the voices of your loved ones. Begin by sitting with parents, grandparents, or elders. Ask them simple but powerful questions:

- What was your childhood like?
- What traditions did our family keep?
- Who influenced you the most?
- What do you want future generations to remember?



Tip: Use your phone to record voice notes or videos. Even a 10-minute recording can become a priceless treasure.

Step 2

Collect and Protect Photographs

Old photographs carry memories that words can't always capture.

- Sort: Gather printed photos from albums, boxes, or drawers.
 - Digitise: Scan them or take clear photos with your phone.
 - Label: Write down names, dates, and places before they're forgotten.
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Tip: Store both physical and digital copies safely — this ensures your memories survive for future generations.



Step 3



Organise What You Have

Family history can feel overwhelming if it's scattered. Create a simple system:

- One folder for digital photo
- A notebook (or digital document) for family stories
- A box or binder for physical items (letters, certificates, recipes)

Tip: Start small — don't wait until everything is “perfect.” Even one folder or notebook is enough to begin.

Step 4

Share the Stories

Family history only comes alive when it's shared.

- Create a WhatsApp or Facebook group just for family memories
 - Share one story or photo at a time
 - At family gatherings, play recordings or show old photos
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Tip: Younger family members often engage more when stories are paired with photos, songs, or even recipes.



Step 5



Create a Family Legacy Project

Once you've gathered enough, think of a meaningful way to preserve it all:

- A photobook that tells your family's story in pictures and words
- A digital archive for safe storage
- A family storytelling day where everyone adds their piece

Tip: Start small with one project. Over time, you'll build a priceless family archive.



IDEAS AND NOTES



Need Help? *We're here for you!*

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Your Next Step

Preserving your family history is one of the greatest gifts you can give to future generations. The steps in this booklet will get you started.

If you'd like to go deeper — with detailed guidance, checklists, and templates — explore our full guide:

The ZULU Model for Legacy Building.

In it, you'll learn how to:

- Interview family members with confidence
- Care for and digitise old photos
- Build a family archive step-by-step
- Create photobooks that capture your legacy

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Remember: Your story matters. Start preserving it today.