HELPSHEET: STORY TIPS

Thinking of something to say with your story is often the hardest and most daunting part of the process, but please don’t worry, it is really simple once you get going.

There are two main tips:

1. Don’t put too much pressure on yourself to come up with the perfect memory instantly, just start to have a think about the memories you have of the person and your relationship/friendship with them. Once you start you’ll probably start to come up with several.
2. Set aside some focused time to get started, and just have a go. It doesn’t matter if you don’t get it right first time.

So where to start? Well maybe think about:

* What is the nature of your relationship with this person?
* Maybe you have a particularly memorable day or event that you recall?
* Maybe you admire and respect a certain characteristic in them?
* Maybe they have helped or supported you?
* Perhaps your share a common interest?
* Maybe there are particular reasons that you value your friendship or relationship with this person?
* It may be that you simply want to wish them well in their celebration, and for their future?

Many people prefer to script their recording, or at least write a few bullet points to prompt their thoughts.

Check out our other helpsheet on tips for recording your story!

Have fun!