

RESOURCES FOR JOURNALING AND PERSONAL HISTORY

FREE-

- jrnl.com Sign up; it's free! On this site, there is a section titled "All About Me." This is a great starting point, asking questions to trigger memories which are categorized to keep details organized.
- 52 Questions- -
<https://www.familysearch.org/en/blog/52-questions-in-52-weeks-writing-about-your-life-has-never-been-easier>
 Pick a question every week to write about your life. When you are done, go to FamilySearch.org and add it to your family tree so it can be safe and secure for future generations.
- BYU TV Series "Ancestors" There are many episodes that present in an engaging manner how to do research on your family, but also one episode "Writing A Family History" that gives tips and ideas.
- <https://support.ancestry.com/s/article/Questions-for-Interviewing-Family-Members> Questions to help you get started when interviewing someone to record their history.
- Journaling apps that are good-
 - 1- [Day One](#) for Mac and iOS users
 - 2- [Diarium](#) for Windows users
 - 3- [Penzu](#) for secure journaling
 - 4- [Momento](#) for social media power users
 - 5- [Grid Diary](#) for templated journaling
 - 6- [Five Minute Journal](#) for beginners
 - 7- [Dabble Me](#) for journaling over email
 - 8- [Daylio](#) for non-writers
 These all have a free version and a paid version for more options

FOR A FEE-

- Books that have guided questions to give a family member so they can record their history. There are versions for mom, dad, yourself, etc.
- Books that can be printed from one's social media posts that can be pictures or pictures and captions.
- Blog- There are companies that will allow you to upload your blog and print it off each year. This could be a personal or a family blog.