



BEFORE RECORDING:

- Find a quiet room inside where you'll be free of distractions and people, and make sure there are no consistent noises, like a fan running.
- You'll need a stationary chair with no wheels or swivels, a smartphone and a tripod. If you don't have a tripod, steady the phone on a stack of boxes or books on a table.
- It's best to sit in front of a window or lamp so that the light illuminates your face. Avoid sitting up against a wall so there is depth behind you.
- Position the phone horizontally and at eye level from where you'll be sitting. Use the selfie camera and face the screen toward you so you can see yourself as you record.
- Sit 2 to 3 feet from the phone so the microphone can easily pick up what you are saying and center yourself in the screen with space above your head and below your chest.



WHILE RECORDING:

- Look directly at the screen on your smartphone. Speak clearly and project so the phone's microphone hears everything you say.
- Begin each answer by rephrasing the question. For example, if the question is: "What's your favorite color?" Your answer would start: "My favorite color is ..."
- If an outside noise (car horn, barking dog, people talking) interrupts what you're saying, begin your sentence again.
- Don't be afraid to make mistakes, start over or do multiple takes. Just do your best to relax and enjoy the experience. This is your story for the people you love.



AFTER RECORDING:

To edit your video we recommend using a free video editing software like iMovie, Adobe Premiere Rush, InShot or Camtasia.

CAMERA SETTINGS:

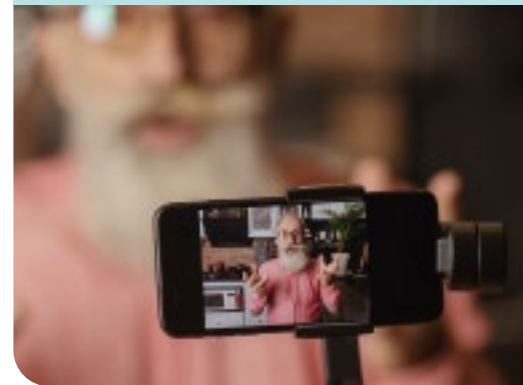
When recording video from your smartphone, the default settings should work just fine. But, if you would like to increase your video quality, here's how:

iPhone:

The default setting is HD 30. You can verify this from the video screen by looking in the corner. You can tap that HD button to switch to 4K. You can also tap the 30 to change the frame rate. To review all video settings, go to Settings > Camera > Record Video and choose from the options there.

Android:

These phones have varying camera apps, but you should still be able to change the video quality from the app itself. You can also change the video quality settings from a setting gear, drop-down arrow or an ellipsis.



RECOMMENDATION:

Do a quick test run of your equipment and location setup. Record yourself for a minute and watch it back to make sure your lighting, audio and video are all good quality.



We have provided a list of possible activities for you to consider. This is in no way a complete list. Our goal is just to get you thinking of the possibilities. We encourage you to read through the list and see if any of these possibilities speak to you. Find what resonates with you. There are infinite possibilities to find what uniquely fits you.

FAMILY HISTORY & CHILDHOOD

- When and where were you born?
- Why were you given the first (and middle) name(s) that you have?
- Tell me about your parents. Where/when were they born? What memories do you have of them?
- How many brothers and sisters do you have? What memories do you have of them from when you were growing up?
- What was your childhood like?
- What family traditions did you have growing up?
- What was school (grade school/high school) like for you?
- What is one word to describe your family growing up?

POST HIGH SCHOOL

- What was your first job?
- Did you go to college? Where was it? How did you decide on that school?
 - How did you decide what you wanted to study? What was your major?
 - How was your experience with college/undergrad? Any special memories you want to share?
 - Did you receive any other education? If so, what was it and why did you pursue it? Any special memories you want to share from that time in your life?
- Any challenges you went through in your education that you want to share?
- What did you learn from those challenges?

CAREER

- How did you decide on your career?
- What have been your biggest lessons professionally?
- Do you have any regrets in your career?
- How do you define success?
- What makes you good at your job?
- You are about XX years into your career right now - where are you now that you didn't expect to be?

LIFE EVENTS - MARRIAGE

- How did you meet your partner? Tell me about it - what drew you together?
 - If married, how did you decide to get married?
 - What about your wedding? What made it special?
 - What makes your marriage work?
- What makes your spouse special or unique?



LIFE EVENTS - CHILDREN/FAMILY

- How did you share the news of your pregnancies?
- Any specific memories during your pregnancies you want to share?
- How did you choose what to name each of your children?
- Do you have any unique or favorite stories about each of your children?
- What traits of yours do you see in your children?
- What do you most want to teach/instill in your children? What are your family values?
- What is something you are not sure your kids know but you want them to?
- What's the most memorable family vacation you took?

LIFE EVENTS - SERIOUS ILLNESS

- Tell me the story of how you found out about your illness? What kind of illness were you diagnosed with? How far along were you in your illness?
- What treatments have you been through?
- What were you most afraid of when you found out about your illness?
- How has your diagnosis changed your outlook on life?
- How has your illness impacted those around you?
- What do you want your kids to remember about you?
- What is your hope for the future, knowing that your illness may change your perspective?

FAITH & SPIRITUALITY

- Tell me about your faith/spirituality. What was your religious experience growing up?
- How has your faith evolved?
- Were there any difficult times/events in your life you would like to talk about?
- How has your spirituality affected your view about death? Have you thought about what that looks like?
- What do you see as your place/purpose in life? How did you come to that conclusion?

THE PRESENT

- What/who have been the most influential/pivotal experiences or people in your life outside of your immediate family?
- What are the lessons in life you just have to keep on learning?
- What do you like about yourself?
- What kinds of things bring you the most pleasure now?
- What things frighten you now?
- Do you have any special sayings or expressions? Favorite quotes?

QUESTIONS TO END THE VIDEO *(in addition to your chosen 10-15)*

- What made you want to do this legacy video? What do you hope those who watch it get out of it?
- Is there any last message you would like to leave your husband/children/friends?