



ebook for storytellers

**FAMILY LEGACY VIDEOS:
MAKE THESE 3
POINTS IN 10
MINUTES**

tellmystories.org

Family Legacy Videos: Make These 3 Points in Ten Minutes

© 2020 Hibard Group
5200 Industry Avenue
Los Angeles, California 90660
USA
Office: +1 (323) 641-6680

Written by Emily Hibard, MPA

tellmystories.org is a family legacy video project created by Hibard Group Los Angeles to help this generation pass on their greatest gift: their stories.

FAMILY LEGACY VIDEOS: MAKE THESE 3 POINTS IN 10 MINUTES

EMILY HIBARD, MPA



Edmund Burke wrote, “Those who don’t know history are doomed to repeat it.” Passing on our heritage begins with understanding the past and putting it into proper perspective.

We have more access to family history now than at any other time in history. Newly digitized newspaper articles, census records, marriage records, birth certificates, death records, military records, immigration records, and more, are available to anybody with internet access.

Consumer DNA testing kits compare your genetics with their library of genetic profiles to determine

your “DNA relatives.” For some, these DNA testing kits simply reaffirm what they already knew. For others, the results are peppered with unexpected surprises.

Articles, records, certificates, and genetic profiles provide us with a wealth of data...but can you guess what they are all missing?

Story.

We may have census records showing how many children our relatives had, but a number can never describe the joy of birth.

We may have immigration records showing the date our ancestor immigrated from another country, but an immigration record cannot tell us what it felt like to arrive in a foreign land.

We may obtain a relative's death certificate, but a death certificate can never shine light on their beautiful life.



Legacy videos capture hearts in a way data, documents, and pictures never will. Take the time. Make the effort. Tell your stories. You may have regrets at the end of your life, but sharing your stories won't be one of them.

- AK Schulz, storyteller

A 10 Minute Legacy Video is an ideal length for sharing something specific or something particularly meaningful. Here are a few tips to help you take advantage of every Zoom Meeting minute.



Communicate your takeaway in the beginning

Great stories have a beginning, a middle, and an end. Movies and television shows follow this same basic format. The characters and setting are introduced in the beginning. The middle is riddled with mystery or conflict. Then, in the end, the good guy wins, gets the girl, and everybody lives happily ever after.

In the first 3 minutes of your Legacy Video, start by introducing yourself, providing a little background and context, then conclude by saying the one thing you want your takeaway to be. Clearly communicate what you want everybody who

watches your Legacy Video to remember. Before your Zoom Meeting, it will help you to write out or type what you intend on sharing.

***Example:** My name is Elena Escoto. I grew up in Downey, California. And this is my story. I had a very troubled childhood, and ended up homeless by the time I was 13 years old. I slept at friends' houses when I could, but that only lasted for so long. One of my teachers noticed I was wearing the same thing everyday, and began inviting me to spend lunch time with her. She always seemed to have just enough for two people. One Friday night, she invited me to come over to her house to have dinner with her and her family. After dinner, her husband said he had a present for me. I couldn't believe it. My Dad had never given me a present. It was a box, wrapped in Christmas paper (which was sort of funny because it wasn't even almost Christmas), full of perfectly folded new clothes. I felt really loved and really awkward at the same time. I liked how I was feeling, but I wasn't used to*

feeling cared for, so I wasn't really sure how to respond. I smiled, thanked them a bunch of times, and kept nervously twirling the ring on my finger. My teacher's son gave me another box. It wasn't wrapped. He said, "Before you open it, you need to know something. We're Los Angeles Angels fans. So, if you're going to be a part of this family, you're going to need some swag." "Be a part of this family? Swag? What is happening?" I thought to myself. I opened the box to find a red baseball hat. While I was holding my new Angels hat, my teacher's husband told me that they always wanted more kids, and asked me if I wanted to come live with them. Without even thinking, I jumped out of my chair, dropped my hat, ran over to him, threw my arms around his neck, and sobbed uncontrollably. That was the day I became an Escoto. I'm 57 years old now, happily married, and have a family of my own. I'm recording my Legacy Video today because I want my family, and future family, to remember one thing: you have the ability to love somebody back to life. One family chose to love me,

*when nobody else did, and it changed my life forever.
Love never fails.*

As you can see, she started with a brief introduction that included her name, age, and where she was from. She summarized a very important moment in her life, then communicated the one thing she wanted people to remember.



Tell 1-2 stories

In the first three minutes of your Legacy Video, you introduced yourself, gave a little background, and shared the one thing you want everybody who watches your Legacy Video to remember.

In the next four minutes of your Legacy Video, tell one or two stories about something, or someone, you *already* mentioned. Write out or type your stories you potentially would like to share. Time yourself while you read them aloud. If your favorite story takes four minutes to tell, well, then that will be the only story you will have time for. But, if you have two shorter stories (about 2 minutes each), you will have time to share both stories.

Include details such as what you smelled, saw, felt, the weather, what you were thinking, and who, if anybody, you were with.

If you're sharing a story about the house you grew up in, and the front door always creaked when opened, mention that. These sorts of small details can be shared quickly, and will enhance your stories.

**Story is powerful.
It has a unique ability to
affect us, even without our
permission.**

Elena Escoto's story is an example of the power of story. When you read her last name, you might have wondered what her ethnicity was. When you saw she was from Downey, California, you may have wondered where that was. When you read that she ended up homeless at the age of 13, you may have wondered just how "troubled" her family was. When she mentioned her teacher, you might have wondered what her teacher looked like, how old she was, or if she had her own "troubled" childhood.

These subconscious thoughts and mental musings are the backbone of story. While you were reading, you also were actively thinking, wondering, and feeling. You were engaged with the story.

Your Legacy Video will have a similar affect. Your story will impact each person who sees your video and hears your voice.



Pour your guts out

At this point, you're 7 minutes in—you've shared your takeaway and 1-2 stories—which now leaves you with just a few more minutes.

In your final 3 minutes, pour your guts out. Yep. Let it rip. Leave it all on the field. Give it all you've got. Dig deep, and say what you want to say.

If you're not used to sharing your heart, it might feel a bit uncomfortably or vulnerable sharing your deepest thoughts, feelings, and emotions. But this is

what we, as humans, connect with. We're hungry for honesty. We're innately hungry for personal connection. We're hungry for wisdom and advice from the ones we respect and love.

You have lived a life unlike anybody else. You are special and unique. Your voice matters. Your life matters. Your experiences matter. Your feelings matter. What you have learned matters.

In these final few minutes, share the things you wish somebody had shared with you. Be the person you wish somebody had been to you. Give to your family and friends what you wish somebody had given you.

*Heroes get remembered, but
legacy never dies.*

QUICK TIPS

1. **Introduce yourself.** Start your Legacy Video with a brief introduction. For example: “My name is Elena Escoto. Today is September 26, 2020. I’m 57 years old, and live in Garden Grove, California with my husband John. I’m recording a legacy video for my children and grandchildren. This is my story.”
2. **Speak slowly. Speak clearly.** You might be a little nervous about recording your Legacy Video, start talking faster than normal, then run out of breath. Avoid running out of breath by speaking slowly. This will give you enough time to think about what you want to say, and then say it without running out of breath.
3. **Speak in the first person.** You are telling your own stories, so speak in the first person. For example: “I was sitting in my first college

class. I was nervous and excited. I was the first one in my family to go to college.” See how each sentence starts with “I”? “I statements” keep your story personal.

4. **Use pauses.** Brief, silent pauses help accentuate what you just said. It gives the viewer a few seconds to soak it in. Depending on what you are sharing, you too may need a few seconds to regroup. Don’t apologize for the silence. Take the time you need, then continue.
5. **Look into the camera.** When you’re speaking with someone in person, do you stare at the ground the whole time? No, you look at them in the eyes. Eye contact is personal. Friends and family will watch your Legacy Video on TVs, smart phones, computers, and tablets. Looking into the camera while you’re recording your Legacy Video will feel like eye contact to everybody who watches your video.

6. **Be expressive. Make facial expressions.**

Don't be boring. Low energy, limited movements, and a monotonous voice are perceived as boring. You are not boring. Smile. Laugh. Cry. Shake your head and roll your eyes if you need to. Use your hands a little. But whatever you do. Don't. Just. Sit. Still. And. Talk. In. A. Monotone. Voice.

7. **Be yourself.** More important than everything else written here, be yourself. Your family and friends love you for who you are, so let your personality shine.

tellmystories.org

tellmystories.org is a family legacy video project created by Hibard Group Los Angeles to help you pass on your greatest gift: your stories.

5200 Industry Avenue
Los Angeles, California 90660
USA
Office: +1 (323) 641-6680