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# VIDEO LEGACY

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Creating a Video Autobiography



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## YOUR VIDEO LEGACY



Stories define us. Combine your life events into a video biography that Includes images, music, historical family information. Create your video legacy by threading together stories unique to you and your family. Help define who you are with a video that informs, entertains, and highlights your individual self.

In later life what do you want to leave behind? How about a recorded visual record of what you consider to be important? Consider a video legacy of who you are that highlights significant life events. Do you have family stories, a valuable history your relatives need to know? Your time on this earth is important, a significant legacy, a story only you can tell.

Not a techie? No video experience? No fear. This book will guide you, step-by-step, through ways to record your life and display your unique personality. A true video legacy. No need to hire a biographer nor invest in expensive equipment. Nor will you be intimidated by a well-meaning relative who points a phone at you and insists "tell about yourself". That kind of unrehearsed, spur of the moment confession need not be your legacy. Nor is it recommended that you start with your date of birth and go through the kind of dated history you hated in high school. Slide shows at your funeral? There are better options to explore.

Nervous? Don't like being filmed? Hey, that's only natural. If you truly do not want to be filmed, you can opt to provide images and then do a voice over. Other choices exist. Hire someone to narrate your life story. Provide images that illustrate your life's journey and a script for a voice actor to use. This book addresses a variety of ways to document your life.

Not a videographer? This book will guide you through the process. Each chapter is illustrated with a short video or web site link. Point your phone's camera at the QR coded square at the beginning of the chapter to view samples. All videos are stored on the Technacrone Videographer You Tube channel and can be viewed for free. Visit the web site above to view tips and tricks.

The key to success isn't about being technically advanced. Nor is it dependent upon point and click. It's all about the story. Good story telling isn't easy. First, hook your audience then maintain their interest. This entails knowing your best opening, using transitions between stories, and finding an ending that leaves your audience with a clearer understanding of who you are and what you consider to be important.

A video legacy is simply a recorded storytelling journey.

Done properly, the end product will leave a clearer understanding of who you are and what you have done during your life. It makes your life story relatable, entertaining, and informative. Remember that boring history teacher who stated facts and dates and geographic locations you remembered the day of the test and not a minute afterward? Compare this boring approach to the teacher who told memorable stories - relatable tales that you remembered long after the exam.

Don't know where to start? This book will guide you through the process. In the end, you will be able to show the person you are - a true gift to friends and family. What better way to learn life's lessons than by watching video stories told by someone you know?

### **How To Use This Workbook**

Under each chapter heading is a QR code. Point your phone or tablet's camera at the QR square. Line up the square brackets. Click the name under the square (i.e., *pamhicks.us*). This will take you to the Video Legacy web site or to a You Tube sample video that is an example of a filmed story.



## *Notes*

Why do you want to create a video legacy?

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What events do you want to spotlight?

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How will you film yourself?

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Where will you film?

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Who is your audience?

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When will you know the video is complete?

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## TELL YOUR STORY



It's all about your story and how you tell it. The first step is not about buying a camera or finding someone to film you. With a selfie stick or tripod, you can film yourself. And you don't need an expensive camera. Your phone will do! There are also many cameras that work quite well for under \$300. Instead, concentrate on the story you want to tell.

Begin with the approach.

Clarise was a retired art teacher without children. Her legacy included her art work, and the creativity she inspired in her students. She hooked her audience by showing images of her favorite art. "These paintings are the road signs that directed me toward my career." Each work was unique in the ways they inspired her. She followed each with an image of her own art. As she described art that influenced her, she injected student stories that gave credence to their artistic accomplishments. These student references served as transitions between Clarise's major life events. All-in-all, her video legacy was a testament to the creative process.

Creativity was Clarise's theme. It was the single most important driving force in her life. She wanted others to understand how this force sustained her during her lifetime.

Find the thread that interweaves through events in your life. For some it is religion, love of family, a search for power or money, a righteous cause, the collection of things, friends, love, or an overwhelming need to do good. While many things influenced you, a single thread will invite your audience in and keep their interest. Tying it all together with shorter, less significant events is essential.

We are all complicated. But we cannot tell it all. A video legacy is a microcosm of your life. Your choice of stories will define who you are and what you consider most important. Nor is it solely a tribute. We are all flawed. Adding failures and success together gives dimension to your story. An audience stays interested when they can relate to the story, recognize human characteristics that define us.

A deep psychological dive is unnecessary. Your video legacy is not a case study nor should it be a horror story of all the tragedies you've endured. Think of it as a gift to the world - the gift of YOU.

It is, simply, one story after another with transitions in between. Which stories you choose will clarify who you are. A video legacy should be interesting but never a confession of wrongs or a plea for sympathy or forgiveness. You may want to unburden yourself, but please don't film it!

Yes, you are essentially the hero of the story. Not the antihero. Made mistakes? Who hasn't blundered through this life experience? Is there one human being who hasn't faced challenges? Don't judge yourself. Tell your story without angst or regret in order to keep your audience watching. Regret? Okay, maybe that is something you can explain, but not wallow in.

A video memoir is more than a visual and auditory record of a life lived day-by-day. Instead, look at it as a movie titled with your name. It will begin with a hook to interest your audience, followed by stories that represent who you are or what you want others to remember about you, tied together by transitions.

In choosing which stories to tell, think of who you are and what has happened in your life to create the present you. Choose three events that define you. Identify who played a pivotal role in these events. Describe these actors. Describe the setting. Tell how this event impacted you. Describe the choices you made. Admit to emotions. How were you changed?

This is what a video legacy entails: stories about pivotal events in your life that helped define who you are today. The most difficult part? Choosing the events.





### *The elephant in the room.*

Before you begin, there are two issues that need to be addressed: recall and reinvention.

Your recall of events does not access a recording. Your memories are rarely 100% accurate. Time and emotions may affect your memories. Even dreams may interfere. People may disagree with your depiction of an event. That's okay. It is YOUR story. If you speak your truth, so be it! The goal is not the accuracy of the story but the storytelling itself. Just the facts ma'am? No. Telling your truth? Yes. Speak from the heart and your audience will see who you are. The ultimate goal is to reveal YOU.

How do you avoid a retelling that is more fiction than fact?

Ask people involved. Write down dates, location, people involved. This will help trigger memories. Don't believe everything you think! Instead, write down or record impressions. Wait a few days. Write down or record impressions about this event again. Show your impressions to family or friends. During your telling of the event admit to errors in recollection or a natural vagueness. This admission labels you human.

But never a fictional human. Do not reinvent yourself. A "new" you is not legacy, it is fiction. And never think for one minute you are going to fool anyone! In the end, sceptics will recognize the lies. Reinvention is a certain way to turn away any audience, be they family or friends. A true video legacy shows who you are and how you lived your life by the events you choose as much as how you choose to talk about them.

Concentrate on events that forced you to make choices that changed you in significant ways. Explore interesting ways to tell this lasting legacy!

## *Notes*

1. Introduction: Define who you are now.

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2. How have you changed?

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3. Name an impactful event that changed you:

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4. Describe important people who were involved:

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5. Describe choices you made: \_\_\_\_\_

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6. Conclusion or outcome of choices:

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