

## A FAMILY DIGITAL LEGACY STARTER

# The archive you wish you had tomorrow must be built today.

This started with a wish: to ask Grandma how to make her pierogi — and have her answer. Not a recipe card. Her. By the time the project took shape, the window for recording her voice had closed. Her handwritten recipes survive; her telling of them doesn't. That lesson built this method.

One Thousand Stories is a repeatable way to capture a person's memories, voice, and wisdom before the window closes: a thousand distinct stories, answers, opinions, and pieces of advice, collected in recorded sessions and organized so your family — and, if you choose, an AI built on the archive — can keep accessing them forever. A good ninety-minute session yields 15–30 stories. Weekly sessions reach a thousand in under a year.

## THE METHOD AT A GLANCE

- 1 Define the subject** — profile whoever matters most (worksheet on the next page). If they're alive and their memory is becoming inconsistent, they are first, full stop.
- 2 Collect** — weekly recorded sessions for living subjects (Track A); artifact digitization and family memory interviews when only artifacts remain (Track B).
- 3 Organize** — eight folders, one file-naming convention, four tags. Cloud upload the same day, every session.
- 4 Run sessions people love** — casual open, follow every tangent, never correct a memory, end warm. Page 3 gets you through the first one.
- 5 The AI layer — after the archive** — a rich archive can support voice, personality, and real conversation. But the archive is the deliverable; it stands alone even if you never build on it.

## THIS WEEK

Fill in the profile. Make one phone call: "I want to record some of your stories — can I come by Sunday?" A phone on a stand is enough. Start before it's too late to start.

One Thousand Stories is a family-history method — not medical, legal, or counseling advice. This free starter may be shared freely, unmodified. © 2026 Quire Paper, a Quire Studio brand · quirepaper.com · r1 · 2026-07-07

STARTER WORKSHEET

# Subject Profile

One page per subject. Fill it before the first session. The full kit adds the session log, story tracker, artifact catalog, and editable Word versions.

<b>SUBJECT NAME</b>	<b>RELATIONSHIP TO FAMILY</b>
_____	_____

<b>TRACK (A LIVING / B ARTIFACT)</b>	<b>URGENCY (IMMED. / MOD. / ARCHIVAL)</b>	<b>DATE STARTED</b>
_____	_____	_____

<b>PRIMARY COLLECTOR</b>	<b>SUPPORTING COLLECTORS</b>
_____	_____

**KNOWN STRENGTHS OF ARCHIVE — WHAT RICH MATERIAL ALREADY EXISTS?**

\_\_\_\_\_

**KNOWN GAPS — WHAT IS MISSING OR LIKELY UNRECOVERABLE?**

\_\_\_\_\_

**PRIMARY USE CASE — "SOMEDAY, SOMEONE IN THIS FAMILY WILL WANT TO ASK THEM..."**

\_\_\_\_\_

**TOPICS THE SUBJECT HAS ROPED OFF (RESPECT THESE)**

\_\_\_\_\_

**CONSENT & SETUP CHECKLIST**

- Subject's recorded yes captured (Track A) — including the AI layer, explained plainly
- Eight folders created in cloud storage · second backup location chosen
- Two recording devices tested · first session booked for: \_\_\_\_\_

One Thousand Stories is a family-history method and planning kit — not medical, legal, or counseling advice. Single-family license: print and copy freely within one family; please don't resell or redistribute. © 2026 Quire Paper, a Quire Studio brand · quirepaper.com · r1 · 2026-07-07

THE FIRST SESSION

# One warm hour. Two devices recording.

No ambition beyond a good conversation, captured. Here is everything the first session needs.

**BEFORE · DURING · AFTER**

- ✓ **Before:** two recording devices tested (a phone on a stand + any second device) · a quiet room, no time pressure · 2–3 memory triggers ready: a photo, an object, a name
- ✓ **During:** ten minutes of casual talk first, recorders already running · open-ended questions · **follow every tangent** — the richest material lives off the planned path · never correct or redirect a memory · end on a laugh or a favorite memory
- ✓ **After, same day:** upload both recordings to cloud storage · note the stories covered and the follow-ups you owe next week · back up to a second location

**TEN OPENERS THAT WORK**

- |  |   |
|--|---|
| “ Tell me about the house you grew up in.          | “ What was your first job? What did it pay?       |
| “ What’s your earliest memory?                     | “ What meal takes you straight back to childhood? |
| “ What were your parents like when you were small? | “ What’s a story your family tells about you?     |
| “ What did you love doing when you were ten?       | “ Who was your best friend growing up?            |
| “ Tell me about the day you met [spouse].          | “ What makes you laugh every time?                |

**WHY THESE TEN**

Concrete, warm, zero-stakes — memory loves places, food, firsts, and people. The follow-up is the interview: "And then what?" · "Who else was there?" · "What did that smell like?" One planned question can carry twenty minutes.

**WHEN YOU'RE READY FOR THE REST**

The full One Thousand Stories kit is the complete method: the eight life periods and the full question bank, the archive and tagging system, the honest guide to the AI layer with its consent rules, and all five worksheets — including the thousand-box Story Wall — plus editable Word templates. At [quirepaper.com/one-thousand-stories/](https://quirepaper.com/one-thousand-stories/).

One Thousand Stories is a family-history method — not medical, legal, or counseling advice. This free starter may be shared freely, unmodified. © 2026 Quire Paper, a Quire Studio brand · [quirepaper.com](https://quirepaper.com) · r1 · 2026-07-07