



My Life  
Memories

CHRISTOPHER ELKINS





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Christopher Elkins

To Dad, The Most Inspiring Person I know  
Love, Luke & Ava



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## Introduction

Do you ever feel this urge to put your life in order, and to look at the themes that have emerged you're your lifetime? This is the perfect journal for you. With handy sections to fill in, your autobiography will be written in no time! By organising the stages of our lives, thinking about the people who shaped us and the events that influenced us, we learn to appreciate a lot about ourselves and about our larger place in the lives of the people we love.

You don't need to be famous to write an autobiography, but your life is like nobody else's. Within these pages are a few pointers to help you get started, but ultimately the story you tell is controlled by you and you alone.

Not only will writing help protect the history of your family, it will also leave a legacy for the next generation. You may not realise it now, but you will have an influence on younger generations of your family; inspiration will be found in the pages of this unique journal.

It is amazing how childhood experiences shape us and how they impact on the later decisions we make as adults. The fears and hesitations that we sometimes express as adults are often motivated by memories of childhood or family experiences. The significance of the way we think about money, relationships and places we choose to live can also be revealed when reviewing the story of our complex lives.

This is an opportunity for you to reflect on your life and increase your self-awareness and understanding. Every day of life has joys and challenges. We learn and grow along the way. Life isn't always easy, but we all keep learning things as we go down that road. Other people have much to learn from your life story—good advice, beliefs, values.

Only you can create a lasting record for generations to come. If things aren't recorded, unfortunately they will be lost or forgotten. Maybe you wish you had a book with the life story of your grandparents or great-great grandparents to read; this journal could be that book for the generations of your family to come.

These are the stories that only you can tell. They are unique and interesting and tell a fascinating life story. Whether you're writing for future generations, or just for your own enjoyment, only you can tell your story. Be open, be honest and have fun on your trip down memory lane.

# Roots and Family

*“The family is one of nature's  
masterpieces”*

*– George Santayana*



# Roots and Family

The parents of Christopher Elkins.

My mother

My father



Christopher Elkins





## The Life Memories of Christopher Elkins

*A Photo of  
My Mother*

This photo was taken...

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End of Sample.