

THE
GAVREL
LEGACY BOOK

The Stories That Keep Us Together.

"Honor Your Past. Protect Your Present. Prepare Your Future."

THE
GAVREL
LEGACY BOOK

The Stories That Keep Us Together.

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This book is intended to help individuals preserve personal memories, stories, traditions, wisdom, and life experiences. It is not intended to provide legal, financial, medical, mental health, or estate-planning advice.

Printed in the United States of America.

BY CHRIS GAVREL, LICENSED AGENT

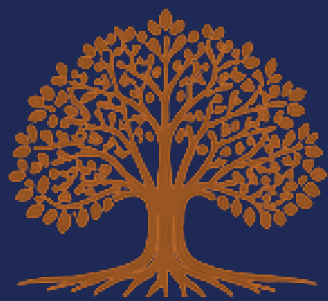
DEDICATION

For every parent whose stories were never written.

For every grandparent whose voice still echoes in someone's heart.

For every family who wishes they had asked one more question.

And for those who choose, today, to preserve the memories that tomorrow may
become priceless.



WELCOME

Before We Begin

Every life tells a story.



BEFORE WE BEGIN

Some stories are shared around kitchen tables.

Some are remembered through old photographs.

Some live on in recipes, traditions, handwritten notes, familiar sayings, and the sound of a loved one's laughter.

Too many, however, quietly disappear with time.

This book was created to preserve something more valuable than dates, documents, or a record of accomplishments.

It was created to preserve you.

Within these pages, you will not find a test to complete or a timeline you must fill in.

Instead, you will find a series of conversations.

Some may make you smile.

Others may return you to difficult seasons.

A few may bring tears.



BEFORE WE BEGIN

Many may remind you of moments you have not thought about in years.

There are no right answers.

There are no perfect stories.

And there are no ordinary lives.

Every person carries memories worth preserving, lessons worth sharing, and experiences that helped shape who they became.

Write what feels true to you.

Skip any question you do not wish to answer.

Return another day if a memory needs more time.

You decide which stories belong on these pages.

Our hope is that this book becomes more than something you write in.

May it become something the people you love hold close.

May it encourage conversations while there is still time to have them.

May it preserve the stories only you can tell and the small details no one else would know to record.

One day, someone may open this book simply because they want to spend a little time with you.

They may want to remember how you saw the world.

They may wonder what made you laugh.

They may need a lesson you learned many years before.

They may want to understand where they came from.

Or they may simply miss the sound of your voice.



BEFORE WE BEGIN

What you write today may become one of the greatest gifts you ever give.

Thank you for trusting us to be part of your story.

Welcome.

Let's begin.

MAKE IT YOURS

Make it yours: tap the name on the cover and type your family's last name.



WELCOME

How to Use This Book

My story, in my own words.

- 1 Find a comfy spot and take your time. This book is just for you.
- 2 Answer a few questions at a time, whenever you feel like it. Your favorite show can stay on.
- 3 Write in your own words. Short or long, it all counts.
- 4 Skip anything you like. You can always come back later.
- 5 There are no wrong answers.
- 6 Type right into the lines on a computer or tablet, or print the pages and write by hand.
- 7 When you are finished, the last pages have ideas for sharing it at the table.

TYPE IT OR WRITE IT

Type your answers right in the book, or print it and write by hand.



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PART I

All About Me

Let's start easy, with the things that make you, you.



Before You Read My Story

1 BEFORE YOU READ MY STORY

What do you want people to know about you, and what do you think they already know?

What I want people to know about me

What I think they already know about me

.....	
.....	
.....	
.....	

2 BEFORE YOU READ MY STORY

What are three things that are true about you?

.....
.....
.....
.....

3 BEFORE YOU READ MY STORY

What part of you has stayed the same most of your life?

.....
.....
.....
.....



The Meaning Behind My Name

4 FILL IN THE BLANK

My full name is

It was picked by because

Tell the story:
.....

5 CHECK ONE

Were you named after someone?

- ☐ Yes, a family member
- ☐ Yes, a friend of the family
- ☐ Yes, someone famous or special
- ☐ No
- ☐ I'm not sure
- ☐ Other:

Tell the story:
.....
.....

6 THE MEANING BEHIND MY NAME

If so, what do you know about that person?

.....
.....
.....
.....

7 THE MEANING BEHIND MY NAME

What was it about you that made people laugh?

.....

.....

.....

.....

8 FILL IN THE BLANK

A name I loved being called:

The person who called me that:

9 CHECK ONE

Is there a family name you'd like passed down?

☐ Yes, this one:

☐ Not really

☐ I haven't thought about it

☐ Other:

Tell the story:

.....

.....

The Little Things That Make Me Me

10 FILL IN THE BLANK

People know me for always



11 THE LITTLE THINGS THAT MAKE ME ME

What joke or story do you never get tired of telling?

.....

.....

.....

.....

12 CHECK ALL THAT APPLY

What are you really good at, even if it seems small?

- | | |
|--|--|
| ☐ Cooking or baking | ☐ Fixing things |
| ☐ Listening | ☐ Making people laugh |
| ☐ Growing things | ☐ Remembering birthdays |
| ☐ Other: | |

Tell the story:

.....

.....

If You Really Knew Me

13 FILL IN THE BLANK

Get me started on and I could talk for hours.



14 CHECK ALL THAT APPLY

When do you feel most like yourself?

- ☐ Early in the morning
- ☐ With family or close friends
- ☐ When it's quiet
- ☐ Other:
- ☐ Outdoors
- ☐ Working with my hands

Tell the story:
.....
.....

The Person I Hope You'll Remember

15 THE PERSON I HOPE YOU'LL REMEMBER

What's one thing about you that you never want to lose?

.....
.....
.....
.....

16 THE PERSON I HOPE YOU'LL REMEMBER

What did you have to learn the hard way?

.....
.....
.....
.....



Becoming Comfortable With Who I Am

17 BECOMING COMFORTABLE WITH WHO I AM

When did you start feeling comfortable just being yourself?

.....

.....

.....

.....



PART II

Where I Come From

The home, the people, and the days that got you started.



The Place I First Called Home

18 FILL IN THE BLANK

The first home I remember was a in

Tell the story:

19 CHECK ONE

What room in that home do you remember best?

- ☐ The kitchen
- ☐ My bedroom
- ☐ The living room
- ☐ The porch or yard
- ☐ Other:

Tell the story:

20 THE PLACE I FIRST CALLED HOME

Who sat around the table at your house?

.....

.....

.....

.....



21 THE PLACE I FIRST CALLED HOME

Where did you go when you wanted to be alone or feel safe?

The People Who Raised Me

22 CHECK ALL THAT APPLY

Who took care of you when you were little?

☐ My mother

☐ My father

☐ Grandparents

☐ Other relatives

☐ A neighbor or sitter

☐ Foster or adoptive family

☐ Other:

Tell the story:

23 THE PEOPLE WHO RAISED ME

What did you learn from watching how they lived?

.....

.....

.....

.....

24 THE PEOPLE WHO RAISED ME

What do you understand about them now that you didn't as a kid?

.....

.....

.....

.....

25 THE PEOPLE WHO RAISED ME

What part of them do you see in yourself today?

.....

.....

.....

.....



The Sounds, Smells, and Seasons of Childhood

26 FILL IN THE BLANK

One smell takes me right back:

27 FILL IN THE BLANK

The meal I remember best is, made by

28 QUESTION

What do you remember about winter or the holidays?
.....
.....
.....
.....

Friends and First Adventures

29 FILL IN THE BLANK

My best friends growing up were and



30 FRIENDS AND FIRST ADVENTURES

Did you and your friends ever get into a little harmless trouble?

School Days

31 SCHOOL DAYS

What's your first memory of school?

32 FILL IN THE BLANK

A teacher I never forgot: .

What made them special: .

Tell the story:



33 SCHOOL DAYS

What school memory still makes you laugh?

34 SCHOOL DAYS

What do you wish someone had understood about you in school?

The Lessons of Growing Up

35 THE LESSONS OF GROWING UP

Did you ever learn a big lesson after getting into trouble?

36 THE LESSONS OF GROWING UP

What did growing up teach you?

.....

.....

.....

.....

Leaving Home

37 FILL IN THE BLANK

The first time I lived away from home, I was years old and went to

Tell the story:

.....

38 LEAVING HOME

What did you miss more than you thought you would?

.....

.....

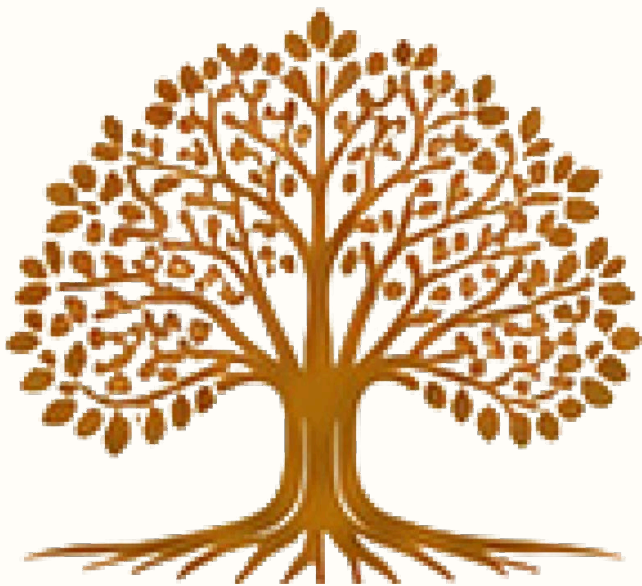
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PART III

The People I Love

Friends, family, and the folks who shaped your life.



Friendships That Shaped My Life

39 FILL IN THE BLANK

One of my most important friends is

We met

Tell the story:
.....

40 FRIENDSHIPS THAT SHAPED MY LIFE

What makes a friend worth keeping?

.....

.....

.....

.....

The People Who Changed My Life

41 THE PEOPLE WHO CHANGED MY LIFE

What did someone see in you before you saw it yourself?

.....

.....

.....

.....

42

THE PEOPLE WHO CHANGED MY LIFE

Who came into your life at just the right time?

A Relationship That Changed Me

43

A RELATIONSHIP THAT CHANGED ME

Tell about a relationship that changed you. Who was it, and how did you meet?

44

A RELATIONSHIP THAT CHANGED ME

How are you different because they were in your life?



The Family We Choose

45 THE FAMILY WE CHOOSE

Who became family to you even though you weren't related?

.....

.....

.....

.....

46 THE FAMILY WE CHOOSE

How have you made someone else feel they belong?

.....

.....

.....

.....

47 THE FAMILY WE CHOOSE

What does the word family mean to you now?

.....

.....

.....

.....



Love in Its Many Forms

48 LOVE IN ITS MANY FORMS

Who first taught you something important about love?

.....

.....

.....

.....

49 CHECK ONE

What way of showing love means the most to you?

- ☐ Kind words
- ☐ Time together
- ☐ A helping hand
- ☐ A hug or a hand to hold
- ☐ A thoughtful gift
- ☐ Other:

Tell the story:

.....

.....

50 LOVE IN ITS MANY FORMS

How did you know when you loved someone?

.....

.....

.....

.....



Someone I Still Carry With Me

51 SOMEONE I STILL CARRY WITH ME

Who's someone you still carry with you?

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.....

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52 SOMEONE I STILL CARRY WITH ME

What's the first memory that comes to mind when you think of them?

.....

.....

.....

.....

53 SOMEONE I STILL CARRY WITH ME

What did you love about them?

.....

.....

.....

.....



54 SOMEONE I STILL CARRY WITH ME

What did they say or do that you can still hear or picture?

.....

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.....

.....

55 SOMEONE I STILL CARRY WITH ME

If they're no longer here:

If you could talk with them one more time, what would you say?

.....

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.....

If they're still here:

What is one thing you want to tell them after you're gone?

.....

.....

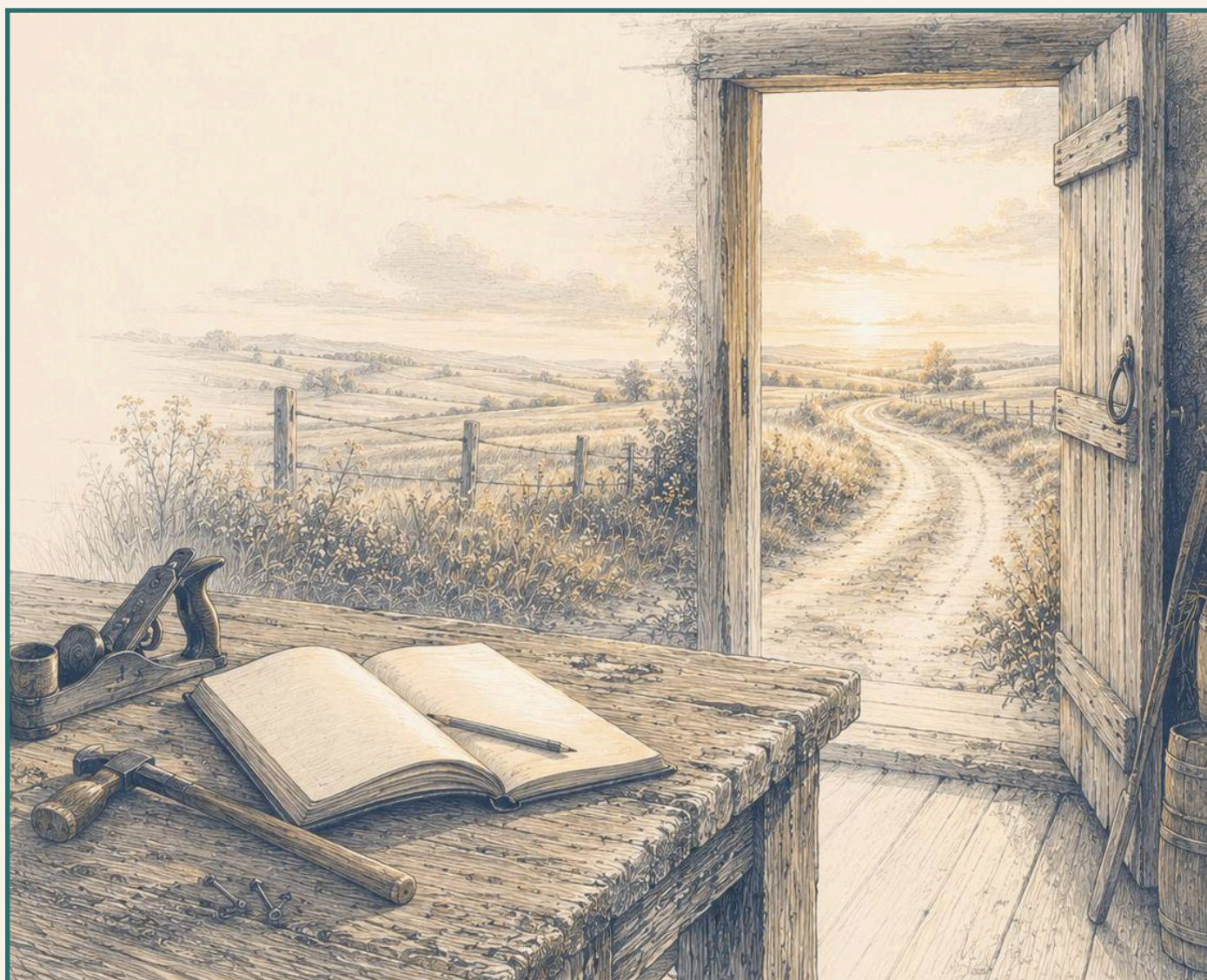
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PART IV

Work, Dreams and Big Choices

The dreams you chased and the choices that set your path.



Dreaming About the Future

56 DREAMING ABOUT THE FUTURE

When you were young, what did you picture your future looking like?

.....

.....

.....

.....

57 FILL IN THE BLANK

The person who cheered on my dreams was

58 DREAMING ABOUT THE FUTURE

Who do you hope will dream bigger because of you?

.....

.....

.....

.....



Learning Through Work

59 FILL IN THE BLANK

My first job was at

I was years old and got paid about \$ an hour.

What I remember most about it:
.....
.....

60 FILL IN THE BLANK

The job that taught me the most about people was

61 CHECK ALL THAT APPLY

What part of your work made you proud?

- ☐ Doing it well
- ☐ Helping people
- ☐ Providing for my family or myself
- ☐ Teaching others
- ☐ The people I worked with
- ☐ Work was not a big part of my life
- ☐ Other:

Tell the story:
.....
.....



Finding My Place

62 FINDING MY PLACE

Where did you finally feel like you belonged?

.....

.....

.....

.....

The Choices That Changed My Direction

63 THE CHOICES THAT CHANGED MY DIRECTION

What decision changed your life more than you expected?

.....

.....

.....

.....

64 THE CHOICES THAT CHANGED MY DIRECTION

What choice are you most glad you made?

.....

.....

.....

.....



Choosing Courage

65 CHOOSING COURAGE

When did you need courage the most?

.....

.....

.....

.....

66 CHOOSING COURAGE

When did you find out you were stronger than you thought?

.....

.....

.....

.....

Mistakes That Became Teachers

67 MISTAKES THAT BECAME TEACHERS

What mistake taught you the most?

.....

.....

.....

.....



68

MISTAKES THAT BECAME TEACHERS

Did someone show you kindness when you expected to be judged?

69

MISTAKES THAT BECAME TEACHERS

What did you once call a failure that you see differently now?

70

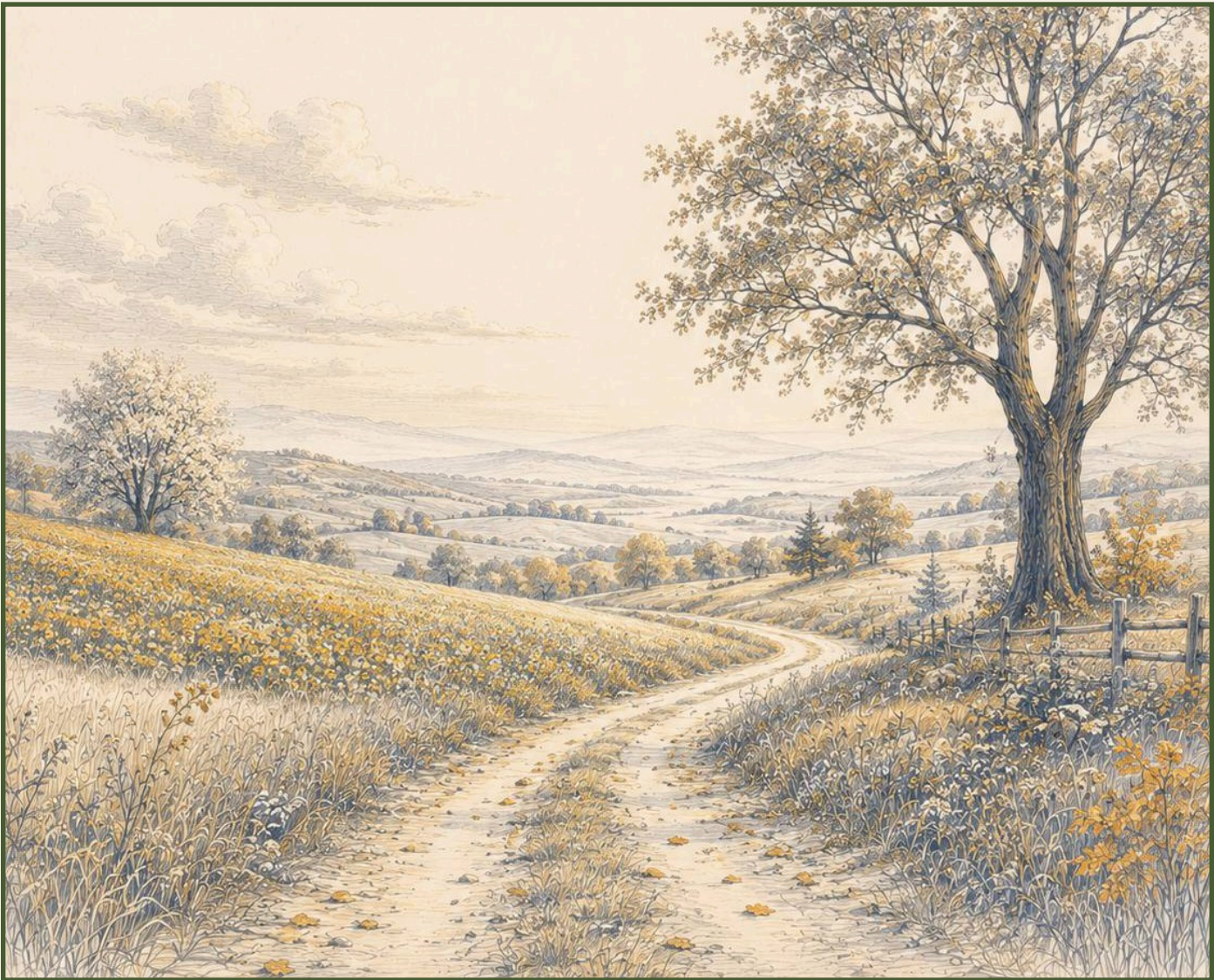
MISTAKES THAT BECAME TEACHERS

How do you want to act when someone you love makes a big mistake?

PART V

The Seasons of My Life

The good times, the hard times, and everything in between.



Moments Worth Celebrating

71 MOMENTS WORTH CELEBRATING

What accomplishment still makes you proud?

.....

.....

.....

.....

72 MOMENTS WORTH CELEBRATING

What small win meant more than people knew?

.....

.....

.....

.....

73 MOMENTS WORTH CELEBRATING

Think of a celebration you can still picture. Where were you, and who was there?

.....

.....

.....

.....



The Places Life Took Me

74 FILL IN THE BLANK

The place that has meant the most to me is

Tell the story:

.....

75 THE PLACES LIFE TOOK ME

What place do you remember more for the people than the place?

.....
.....
.....
.....

76 THE PLACES LIFE TOOK ME

What place would help someone you love understand you?

.....
.....
.....
.....



New Beginnings

77 NEW BEGINNINGS

What new start did you choose all on your own?

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.....

.....

.....

78 NEW BEGINNINGS

What good came from starting over?

.....

.....

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.....

When Life Changed

79 WHEN LIFE CHANGED

What change shook up your life the most?

.....

.....

.....

.....



80

WHEN LIFE CHANGED

What did you have to learn, give up, or get used to?

Growing Older

81

CHECK ALL THAT APPLY

What's surprised you most about getting older?

☐ How fast time goes

☐ What I worry less about

☐ What my body can and can't do

☐ How much I still want to learn

☐ Who stayed close

☐ Other:

Tell the story:

82

FILL IN THE BLANK

The part of me that still feels young is my .

83

GROWING OLDER

What do you wish people understood about the person inside an older body?

Hard Times

84

HARD TIMES

What hard time in your life are you willing to remember here?



85 CHECK ALL THAT APPLY

Who or what helped you keep going?

- ☐ Spouse
- ☐ Family
- ☐ Friends
- ☐ Faith or prayer
- ☐ Work or staying busy
- ☐ A pet
- ☐ Just taking one day at a time
- ☐ Other:

Tell the story:

.....

.....

86 HARD TIMES

What do you wish someone had said or done for you then?

.....

.....

.....

.....

87 HARD TIMES

What got you through that might help someone else feel less alone?

.....

.....

.....

.....



Healing

88 HEALING

Has there been a time when healing became important in your life?

.....

.....

.....

.....

89 HEALING

What helped you start to feel better?

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.....

.....

.....



PART VI

Faith, Values and Lessons Learned

What life has taught you, and what you believe.



The Best Advice I Ever Received

90 FILL IN THE BLANK

The best advice I ever got was " " It came from

Tell the story:
.....

91 THE BEST ADVICE I EVER RECEIVED

What advice would you pass on because life proved it true?
.....
.....
.....
.....

What Life Taught Me About People

92 WHAT LIFE TAUGHT ME ABOUT PEOPLE

What have you learned about who to trust?
.....
.....
.....
.....



93 WHAT LIFE TAUGHT ME ABOUT PEOPLE

When did someone surprise you with kindness?

.....

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.....

.....

94 WHAT LIFE TAUGHT ME ABOUT PEOPLE

What have you learned about saying you're sorry?

.....

.....

.....

.....

95 WHAT LIFE TAUGHT ME ABOUT PEOPLE

What do you wish more people understood about treating each other right?

.....

.....

.....

.....



Gratitude

96 FILL IN THE BLANK

I'm most thankful was part of my life.

97 CHECK ALL THAT APPLY

What everyday comfort have you learned not to take for granted?

- ☐ A good night's sleep
- ☐ A hot cup of coffee or tea
- ☐ A phone call from someone I love
- ☐ My own bed
- ☐ Good health
- ☐ Other:

Tell the story:
.....
.....

98 GRATITUDE

What are you thankful turned out different than you hoped?

.....
.....
.....
.....



Things I Understand Differently Now

99 THINGS I UNDERSTAND DIFFERENTLY NOW

What did you believe when you were younger that you see differently now?

.....

.....

.....

.....

Lessons I Had to Learn for Myself

100 LESSONS I HAD TO LEARN FOR MYSELF

What did you have to learn about asking for help?

.....

.....

.....

.....



What Truly Matters

101 CHECK ALL THAT APPLY

What matters most to you now?

- ☐ Family
- ☐ Friends
- ☐ Health
- ☐ Faith or a sense of purpose
- ☐ Peace and quiet
- ☐ Helping others
- ☐ Other:

Tell the story:
.....
.....

102 WHAT TRULY MATTERS

What did you once chase that doesn't matter so much now?

.....
.....
.....
.....



The Values I Tried to Live By

103 THE VALUES I TRIED TO LIVE BY

What beliefs have mattered most in how you live?

.....

.....

.....

.....

104 THE VALUES I TRIED TO LIVE BY

When did living by your values cost you something?

.....

.....

.....

.....

Faith, Spirit, and Meaning

105 FAITH, SPIRIT, AND MEANING

How did you come to believe what you believe today?

.....

.....

.....

.....



106 FAITH, SPIRIT, AND MEANING

What big questions about faith or meaning have stayed with you?

.....

.....

.....

.....

107 FAITH, SPIRIT, AND MEANING

When did your faith or sense of purpose grow deeper?

.....

.....

.....

.....

108 FAITH, SPIRIT, AND MEANING

What do you believe or hope comes after this life?

.....

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.....

.....



109 FAITH, SPIRIT, AND MEANING

What do you hope your family carries on from your beliefs?

.....

.....

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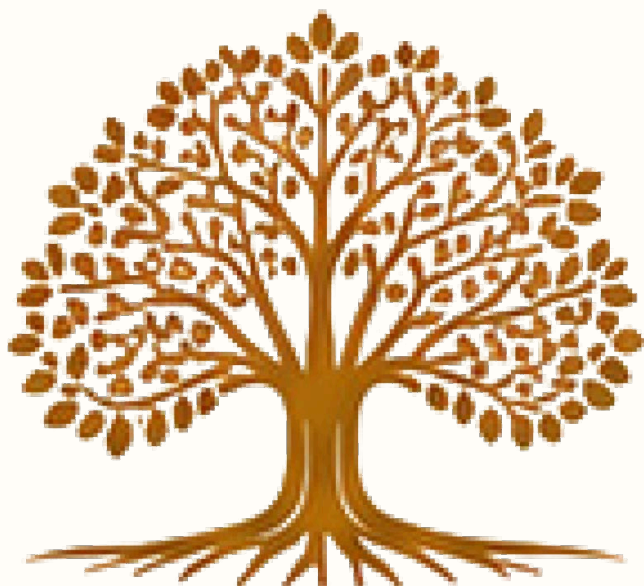
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PART VII

Joys, Home and Traditions

The little joys and the traditions that feel like home.



The Things That Bring Me Joy

110 CHECK ALL THAT APPLY

What little things brighten your day?

- ☐ Sunshine
- ☐ A good meal
- ☐ Birds or animals
- ☐ Other:
- ☐ Music
- ☐ Hearing from someone I love
- ☐ A good laugh

Tell the story:
.....
.....

111 FILL IN THE BLANK

I feel peaceful at

112 THE THINGS THAT BRING ME JOY

Who can almost always make you laugh?

.....
.....
.....
.....



113

THE THINGS THAT BRING ME JOY

Years from now, what simple thing could someone do to feel close to you?

Building a Home and a Sense of Belonging

114

BUILDING A HOME AND A SENSE OF BELONGING

What place has felt most like home to you?

115

BUILDING A HOME AND A SENSE OF BELONGING

What did people eat, hear, or smell when they came into your home?



Family Traditions

116 FILL IN THE BLANK

The tradition from growing up I love most is

Tell the story:
.....

117 FAMILY TRADITIONS

Which tradition has a story behind it most people don't know?

.....
.....
.....
.....

The Traditions I Still Carry

118 CHECK ONE

What tradition do you still keep going?

- ☐ A holiday tradition:
- ☐ A family meal or recipe:
- ☐ A yearly trip or gathering:
- ☐ I don't keep one going right now
- ☐ Other:

Tell the story:
.....
.....



119

THE TRADITIONS I STILL CARRY

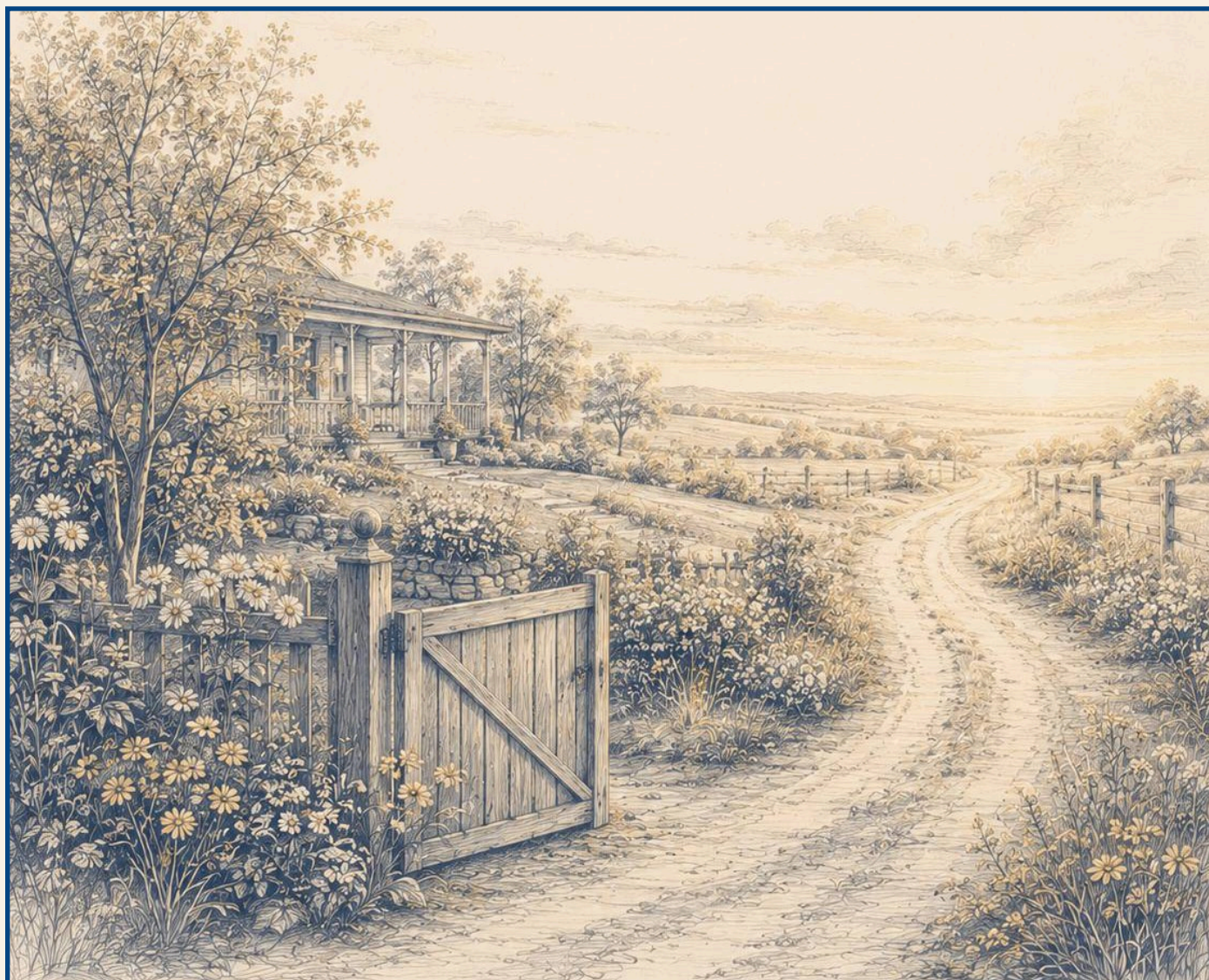
Who will likely carry it on because they love it?



PART VIII

My Wishes and Legacy

The good you hope to keep giving, and what's still ahead.



The People I'm Still Learning From

120 THE PEOPLE I'M STILL LEARNING FROM

Who are you learning from these days?

.....

.....

.....

.....

121 THE PEOPLE I'M STILL LEARNING FROM

Has someone younger ever changed how you think about something?

.....

.....

.....

.....

122 THE PEOPLE I'M STILL LEARNING FROM

What did you think you were too old to learn but tried anyway?

.....

.....

.....

.....



The Ways I Show Love

123 CHECK ALL THAT APPLY

How do you show someone you care?

- ☐ I cook or bake for them
- ☐ I call or check in
- ☐ I fix or help with things
- ☐ I give my time
- ☐ I tell them
- ☐ Other:

Tell the story:
.....
.....

124 THE WAYS I SHOW LOVE

What do you hope people know about your love, even when you don't show it just right?

.....
.....
.....
.....



How I Try to Make People Feel

125 HOW I TRY TO MAKE PEOPLE FEEL

What do you do when you notice someone feels left out?

.....

.....

.....

.....

126 HOW I TRY TO MAKE PEOPLE FEEL

What makes someone feel welcome around you?

.....

.....

.....

.....

127 HOW I TRY TO MAKE PEOPLE FEEL

How do you hope people feel when they're around you?

.....

.....

.....

.....



What I Still Hope to Give

128 WHAT I STILL HOPE TO GIVE

What do you still enjoy giving to others?

.....

.....

.....

.....

129 WHAT I STILL HOPE TO GIVE

What kind of giving has nothing to do with money?

.....

.....

.....

.....

130 WHAT I STILL HOPE TO GIVE

What do you still hope to give the world?

.....

.....

.....

.....



The Good I Hope to Keep Doing

131 THE GOOD I HOPE TO KEEP DOING

What kindness do you never want to be too busy to give?

.....

.....

.....

.....

132 THE GOOD I HOPE TO KEEP DOING

Is there a relationship you'd like to take better care of?

.....

.....

.....

.....

Words Worth Carrying Forward

133 WORDS WORTH CARRYING FORWARD

What would you tell someone who feels lost?

.....

.....

.....

.....



134 WORDS WORTH CARRYING FORWARD

What would you tell someone grieving something they can't get back?

.....

.....

.....

.....

135 WORDS WORTH CARRYING FORWARD

What would you tell someone who doubts their worth?

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136 WORDS WORTH CARRYING FORWARD

What would you tell someone just starting out in life?

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The Story Is Still Being Written

137 FILL IN THE BLANK

I'm still looking forward to

Tell the story:
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138 FILL IN THE BLANK

One thing I'd still like to do for the first time:

139 THE STORY IS STILL BEING WRITTEN

If a new page were added to your story a year from now, what would you love to see on it?

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PART IX

Photographs and Keepsakes

The pictures and treasures that hold your stories.



PHOTOGRAPHS WITH STORIES

A photograph can preserve a face.

A photograph can preserve a face.

A story preserves what the photograph cannot tell us.

Choose a few photographs that help explain your life.

They do not have to be formal portraits or major occasions.

Sometimes the most meaningful photograph is an ordinary one.

A kitchen.

A vacation.

A backyard.

A group of friends.

A person caught laughing.

A home that no longer exists.

For each photograph, record what someone years from now would have no way of knowing simply by looking at it.

PHOTOGRAPHS WITH STORIES

Pick a few favorite photos and tell the story behind each one. Keep the photos with this book so your family can look at them while they read your words.



A FAVORITE PHOTO, ONE

Think of a favorite photo. Who is in it, where was it, what year, and what's the story behind it?

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140 FILL IN THE BLANK

In this photo:

141 FILL IN THE BLANK

We were at, around the year

Photograph One

142 PHOTOGRAPH ONE

What was going on?

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143 PHOTOGRAPH ONE

What do you remember that the photo can't show?

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144 PHOTOGRAPH ONE

Why does this photo matter to you?

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A FAVORITE PHOTO, TWO

Think of a favorite photo. Who is in it, where was it, what year, and what's the story behind it?

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145 FILL IN THE BLANK

In this photo:

146 FILL IN THE BLANK

We were at, around the year



Photograph Two

147 PHOTOGRAPH TWO

What was happening?

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148 PHOTOGRAPH TWO

What do you remember that the photo can't show?

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149 PHOTOGRAPH TWO

Why does this photo matter to you?

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A FAVORITE PHOTO, THREE

Think of a favorite photo. Who is in it, where was it, what year, and what's the story behind it?

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150 FILL IN THE BLANK

In this photo:

151 FILL IN THE BLANK

We were at, around the year

Photograph Three

152 PHOTOGRAPH THREE

What was happening?

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153 PHOTOGRAPH THREE

What do you remember that the photo can't show?

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154 PHOTOGRAPH THREE

Why does this photo matter to you?

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A FAVORITE PHOTO, FOUR

Think of a favorite photo. Who is in it, where was it, what year, and what's the story behind it?

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155 FILL IN THE BLANK

In this photo:

156 FILL IN THE BLANK

We were at, around the year



Photograph Four

157 PHOTOGRAPH FOUR

What was happening?

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158 PHOTOGRAPH FOUR

What do you remember that the photo can't show?

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159 PHOTOGRAPH FOUR

Why does this photo matter to you?

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KEEPSAKES WITH STORIES

Every keepsake carries a story.

Some things are worth far more than what they are.

A ring. A recipe card. A watch that no longer keeps time.

A quilt, a tool, a letter, a well-worn bowl from a kitchen long gone.

What makes them precious is rarely what they cost.

It is who held them, and what happened while they did.

Choose one keepsake and record what no one could know simply by holding it.



A Keepsake

160 A KEPSAKE

What's the keepsake, and where do you keep it?

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161 A KEPSAKE

Where did it come from?

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162 A KEPSAKE

Who has owned or used it?

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163

A KEEPSAKE

What story does it hold that nobody could guess by looking?

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164

A KEEPSAKE

What do you hope the next person who keeps it will remember?

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IN MY OWN HAND

There is something personal about handwriting.

There is something personal about handwriting.

The way a person forms a letter.

The way they sign their name.

The words they choose when no prompt tells them what to say.

Years from now, someone may value seeing your handwriting as much as reading the words themselves.

Use this space however you wish.



IN MY OWN HAND

A saying or expression people often hear me use:

Handwriting practice area with 20 horizontal dotted lines.



A few words I want to write in my own hand:



More in my own hand



Your Own Letter

Use this page to write your letter in your own words.

To:

From: _____ **Date:** _____



IN MY OWN HAND

Signed With Love

My signature:

.....

Today's date:

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WHEN YOU'RE FINISHED

Share It at the Table

When your book is finished, or even just part of it, think about sharing it with the people you love.

Gather them around the kitchen table.

Read a few of your favorite answers out loud.

Bring out old photographs, family recipes, and keepsakes.

Tell the stories behind them, and let them ask questions.

Your stories are a gift. Sharing them is how they live on.

GATHER YOUR PHOTOS

Collect your favorite photos and keep them with this book. When your family looks through them, use this book to share the stories behind each one.

A photo shows the moment. Your words tell why it mattered.

Want more pages? Visit the Resources page at gavrelguidance.com to print extra photo and story pages for your book.



SHARE IT AT THE TABLE

Things I Want to Share

FAVORITE ANSWERS AND STORIES TO SHARE

Page numbers or a few words to remind you.

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A FAVORITE FAMILY RECIPE TO BRING

Recipe name:

Where it came from:

Notes:

PHOTOS TO BRING

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KEEPSAKES TO BRING

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CLOSING REFLECTION

A life is more than the events that happened inside it.

It is a voice.

A laugh.

A collection of habits.

People loved and lessons learned.

Places remembered.

Traditions repeated.

Mistakes survived.

Opinions changed.

Small kindnesses offered without anyone keeping count.

It is the smell of a familiar kitchen.

The story everyone has heard before.

The phrase people can still hear you saying.

The ordinary day that became precious only after it passed.

No book can hold an entire person.

But it can hold enough to bring that person closer.

Enough to help someone understand where they came from.

Enough to return a forgotten story to the family.

Enough to make a photograph speak.

Enough to remind someone how you saw the world.

Enough to preserve pieces of you that might otherwise have disappeared.

And perhaps that is what a legacy truly is.

Not a perfect record.

Not a final statement.

Simply one life reaching toward another and saying:



CLOSING REFLECTION

This is who I am.

This is where I came from.

This is what I lived.

This is what I learned.

This is how I love.

And even here, on the final page, the story is not finished.

There are still conversations to have.

Still memories to make.

Still people to know.

Still reasons to laugh.

Still ordinary days waiting to become part of the story.

The next page belongs to life.



A GIFT TO PASS ON

Share This With Someone You Love

The conversations in this book are a gift. Most families never have them. The stories go untold, the questions go unasked, and the people we love are left to wonder. If this book has helped you, perhaps someone comes to mind: a sibling, a parent, an adult child, or a dear friend who deserves the same peace of mind.

I would be glad to send a free copy of the Gavrel Legacy Book and the Gavrel Family Planning Kit to anyone you would like, with no cost and no obligation.

SOMEONE WHO WOULD APPRECIATE THIS BOOK

NAME	PHONE OR EMAIL
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NAME	PHONE OR EMAIL
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NAME	PHONE OR EMAIL
.....	

Please ask their permission before sharing their contact information.

Chris Gavrel
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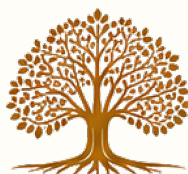


A SPECIAL NOTE

A Special Note

*Congratulations on completing this book. But your story
isn't over.*

Take the time to make it meaningful with your family. Forgive
the ones you couldn't. Call the ones you want to speak to and
let them know you're still here. Your love and your stories are
far more important than anything else.

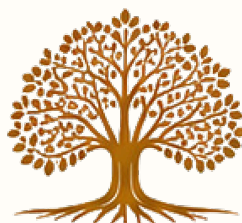


A SPECIAL NOTE

We all have two deaths in this world. One is when God comes calling for us, and the other is when people stop saying our name.

*With love,
Your agent and friend,*

Chris Gavrel



CHRIS GAVREL, LICENSED AGENT

Honor Your Past. Protect Your Present. Prepare Your Future.

The Gavrel Legacy Book