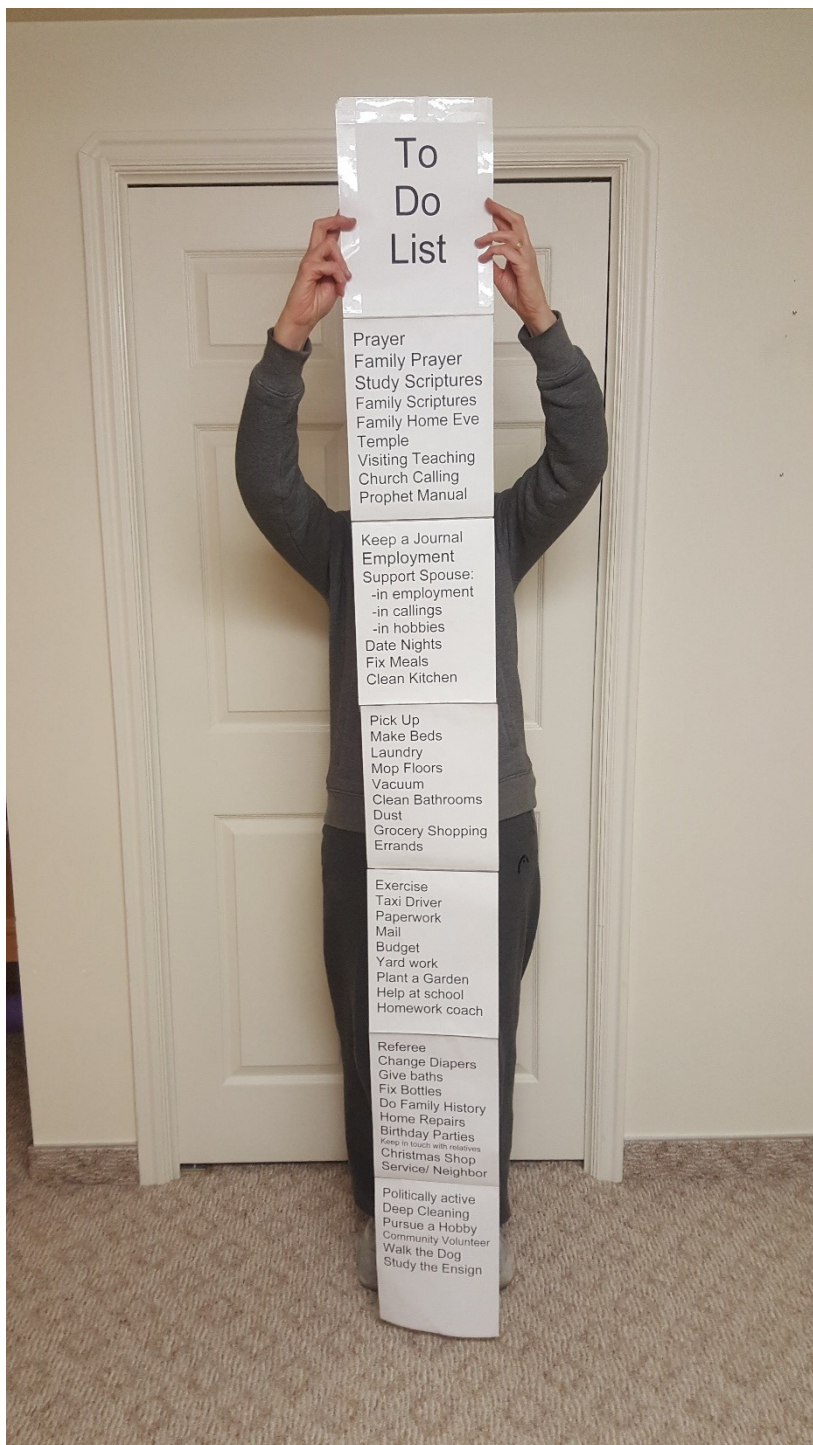




Copy of handout at [PreservingTime.org](http://PreservingTime.org):

## Simple Secrets to Keep from Getting Overwhelmed by Family History



### CAN YOU RELATE?

See Secret #6 for why I didn't update this list.



**I have followed my own  
advice this week—AND IT  
WORKS!!**

# Simple Secrets to Keep from Getting Overwhelmed by Family History

## Secret #1: Identify why you feel overwhelmed by family history work (with possible solutions):

- ☐ I don't have the knowledge needed
  - Come to the family history center or ask ward T&FH consultant for help
- ☐ I don't know where to begin
  - Pray for inspiration; Ask: "What would my ancestors want me to do?"
- ☐ I have many projects that are started but not finished
  - Make a complete list of projects you have ACTUALLY started; commit to completing the most important ones step by step before starting any new projects; delete projects that are no longer important; Just because you have "stuff" doesn't mean you have started a project
- ☐ Doing family history brings up painful emotional issues
  - Pick a family history project, such as attaching record hints, that is more generic until you feel ready to tackle the more personal projects
- ☐ I don't have enough time
  - You will never FIND time; you will have to MAKE time. Look for small bits of time that are not productive and commit them to doing family history

### Family History: "In Wisdom and in Order"

"There is much each member can do toward redeeming the dead—and each can contribute according to individual circumstances and abilities.

...

"Our effort is not to compel everyone to do everything, but to encourage everyone to do something.

...

"We think first of submitting names and going to the temple to perform proxy ordinances for those who are dead. But there is much more to this work."

<https://www.lds.org/sign/1989/06/family-history-in-wisdom-and-in-order?lang=eng>



#### The Promised Blessings of Family History

<https://www.lds.org/sign/2015/01/22-the-promised-blessings-of-family-history?lang=eng>



(President Russell M. Nelson) While temple and family history work has the power to bless those beyond the veil, it has an equal power to bless the living. It has a refining influence on those who are engaged in it.



(Elder Neil L. Andersen) This is how you and I become saviors on Mount Zion. There is a joy and satisfaction that is only understood through spiritual feelings. We are linked to them forever.



(Elder Quentin L. Cook) As an Apostle of the Lord Jesus Christ, I leave my blessing upon you with a promise that if you look beyond the bonds of time and mortality and help those who cannot help themselves, you will be blessed with more closeness and joy in your family and with the divine protections afforded those who are faithful in His service.



(Elder David A. Bednar) As you respond in faith to this invitation, your heart shall turn to the Father's. The promises made to Abraham, Isaac, and Jacob will be implanted in your hearts. Your patriarchal blessing with its declaration of lineage will link you to these fathers and be more meaningful to you. Your love and gratitude for your ancestors will increase. Your testimony of and conversion to the Savior will become deep and abiding.



(Elder Dale G. Renlund) You'll find not only protection from the temptation and ills of the world, but you'll also find personal power: power to change, power to repent, power to learn, power to be sanctified, and power to turn the hearts of your family together and heal that which needs healing.



(Elder Neil L. Andersen) Your own knowledge and faith in the Savior will increase, and you will receive a more certain witness that life continues beyond the veil. I know that life continues beyond the veil. I know it.



(Elder Quentin L. Cook) I invoke a special blessing on you parents, you youth, and you children that each of you will find joy and be blessed in every other aspect of your life as you fulfill the obligation that has been sent from Heaven.



(Elder David A. Bednar) I promise you will be protected against the intensifying influence of the adversary. As you participate and love this holy work, you will be safeguarded in your youth and throughout your lives.

(President Henry B. Eyring) I testify that God the Father wants His children home again, in families and in glory. And I promise you the inspired help that you seek and need.

Digital copy of this handout available by emailing: [thompsond@janel.com](mailto:thompsond@janel.com)

**For Everyone: Study the Promised Blessings of Family History** from President Nelson, President Eyring and some of the Apostles: <https://www.preservingtime.org/consultants.html> AND: Learn about your ancestors lives. Remember they are real people to whom you owe your existence.

### DETOUR (not part of class):

- ☐ I'm not really overwhelmed, I just don't want to do it, but I feel guilty and/or have a bad attitude
  - Now, if any of these questions lead you to squirm or feel a tinge of guilt, remember that Elder David A. Bednar has taught that "guilt is to our spirit what pain is to our body—a warning of danger and a protection from additional damage."

<https://www.churchofjesuschrist.org/study/general-conference/2015/04/well-ascend-together?lang=eng>

- ☐ I don't want to do family history because it is \_\_\_\_\_ (Boring/not fun) (Hobby for old people with no life) (Not important) (Fill in with your perception)

**SOLUTION IF YOU FALL INTO THE DETOUR CATEGORY:** Learn about your ancestors lives. Go to FamilySearch>Memories. Look at photos of them. Read stories about their lives. Imagine what life was like for them. Remember that they are real people and that you are here because of them.

Malachi 4: 5 Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the Lord: 6 And he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse.

**Secret #2: Identify what family history work actually is and any family history you have already done.**

**Finding MY BEST place to work on Family History**

Digital copy of this handout is available at: <http://www.preservingtime.org/finding-your-best-place-to-work.html> PreservingTime.org > TOOLBOX > GOOD TO KNOW BASICS

**Temple related activities:**

- Attend the temple
- Take family names to the temple
- Share family temple names with others
- Watch Children so others can attend the temple
- Etc. Etc. Etc.....



**Research Activities:**

- Research to find missing family members
- Do Descendancy Research
- Research to extend family lines
- Research to resolve discrepancies in information
- Research to supplement family histories
- Research family medical history
- Etc. Etc. Etc.....



**Personal Activities:**

- Gather personal and family vital records
- Write in your journal
- Preserve your own personal memorabilia
- Write your own life history
- Learn the doctrine of temple and family history work
- Etc. Etc. Etc.....



**Share and Teach Others:**

- To Do Family History Work
- Share your family legacy with other family members
- Teach children and grandchildren about their ancestors and family—make it real and fun for them
- Share your love and testimony of the importance of the family
- Etc. Etc. Etc.....



**Computer Based Activities:**

On FamilySearch.org:

- Enter missing family information
- Clean up records
- Attach record hints
- Source individuals
- Merge duplicate records
- Participate in indexing
- Reserve Family Temple Names

Other:

- Back up/ Organize digital family records
- Transcribe handwritten family records
- Etc. Etc. Etc.....




**Preserve your heritage:**

- Hold family gatherings and reunions
- Protect and document family traditions
- Write family stories and ancestor histories
- Find living family members you haven't met
- Etc. Etc. Etc.....



**FAMILY HISTORY IS PERISHABLE**

- Memories fade
- Stories die with a family member
- Disaster/ time destroys documents
- Irreplaceable information is lost



**What can you do that no one else can or will do?**

**Learn by doing!**

**What "Something" can I do?**

- What do you enjoy doing?
- Where do your talents lie?
- What perishable family history do you have?
- What memories can you preserve?
- What is your comfort level with computers?

**Additional Considerations:**

- How long will it take to complete the project?
- How "perishable" is the project?
- Is it a project only you can do? Do you have knowledge that no one else has or will record?
- Do you know how to do what needs to be done? It is something you are talented with?
- Is it something you want to do or just feel that you should do?
- What is the volume of the "stuff" related to the project?
- Do other projects hinge on this project getting done?

**Help Contact:**

Name: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

**ASSIGNMENTS:**

☐ Use inspiration from the Holy Ghost and answers to the above questions to decide on the first (or next) activity you would like to try.

☐ **DO THE ACTIVITY YOU DECIDED ON!**

☐ Get help if needed!



**My Activity I will do:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Many Facets of Family History: <https://www.preservingtime.org/consultants.html> OR [https://www.preservingtime.org/uploads/7/5/3/4/7534482/findingplace2work-individual\\_2\\_.pdf](https://www.preservingtime.org/uploads/7/5/3/4/7534482/findingplace2work-individual_2_.pdf)

**Secret #3: Identify any family history knowledge you have OR family history documents that have not been preserved for the future.**

Remember family history includes preserving the history of your living family. For help see: <https://www.preservingtime.org/save-the-box.html>

"If you can start with what you have and with what you know, it's a little hard to find an excuse to delay. And it may be spiritually dangerous to delay it too long." From "The Holy Temple" by President Boyd K. Packer

**Secret #4: Identify possible family history projects for YOU.**

**Clue words:** "I PROBABLY should..." or "I NEED to..."

Most important key: Pray to ask the Holy Ghost to help you know what you personally should be doing.

**Secret #5: Pick only ONE SMALL, SPECIFIC Project.**

**Secret #6: Identify an end goal for the project.** What will "contain" the project when it is completed? What does finished "look like"?

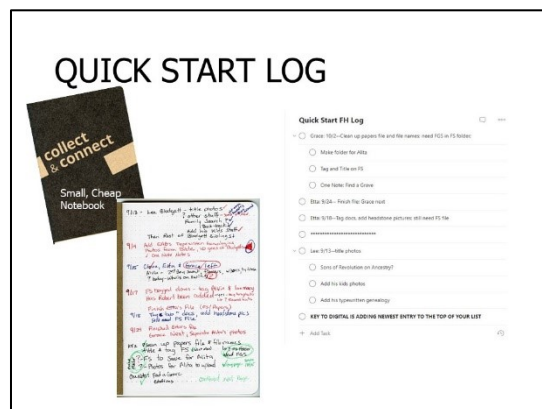
→ What is the simplest possible solution that still meets the need?  
Family history is never "done", but each project needs a finish line.

**Secret #7: Identify the FIRST SMALL STEP** to complete that project. Caution here: Be aware of opportunities that may come your way unexpectedly. Avoid tunnel vision that may cause you to miss important chances.

**Secret #8:** Your step probably isn't small enough yet. **Identify a next action or TINY TASK** that can be contained and done in a reasonable amount of time.

*Practical tips:*

- **Quick Start Log**—allows you to pick up and put down a project without wasting time; NOT a research log
- Take some time to establish a **Note-Taking system** that works the way your brain works and works with the project you have chosen; Research logs can be part of this system
- **Going Digital & File Naming System:**  
<https://www.preservingtime.org/going-digital-with-your-genealogy.html>
- **Storage “Box”**—Physical or Digital



**Secret #9: Do your TINY TASK.** If you pick a small thing and actually do it, you won't have to feel guilty or overwhelmed when family history is mentioned again.

**Secret #10: Tell your brain to leave you alone** when it tries to remind you of things you aren't doing. Remind yourself of the task you ARE DOING.

“We gathered together everything we had, and in the course of a few weeks we were amazed at what we were able to accomplish. The thing that was most impressive, however, was the fact that we began to have experiences that told us somehow that we were being guided, that there were those beyond the veil who were interested in what we were doing...We began to learn by personal experience that this research into our families is an inspired work. We came to know that an inspiration will follow those who move into it. It is just a matter of getting started.

“Once we started, we found the time. Somehow we were able to carry on all of the other responsibilities. There seemed to be an increased inspiration in our lives because of this work.

“But the decision, the action, must begin with the individual. The Lord will not tamper with our agency. If we want a testimony of family history and temple work, we must do something about that work.”  
From “The Holy Temple” by President Boyd K. Packer

**BONUS SECRET: Adopt a New Perspective:** “A long To-Do list is the sign of an abundant life.”

“In the gospel of Jesus Christ you have help from both sides of the veil, and you much never forget that. When disappointment and discouragement strike—and they will—you remember and never forget that if our eyes could be opened we would see horses and chariots of fire as far as the eye can see riding at reckless speed to come to our protection. They will always be there, these armies of heaven, in defense of Abraham's seed.”

Jeffrey R. Holland *For Times of Trouble*, 18 March 1980 [https://speeches.byu.edu/wp-content/uploads/pdf/Holland\\_Jeffrey\\_1980\\_031.pdf](https://speeches.byu.edu/wp-content/uploads/pdf/Holland_Jeffrey_1980_031.pdf) reprinted in the New Era:

<https://www.churchofjesuschrist.org/study/new-era/1980/10/for-times-of-trouble?lang=eng>

More slides with quotes: <https://www.preservingtime.org/teaching-tools.html>