



SPIRIT&FRAME
NOSTALGIA, CAPTURED.

The Legacy Audit

5 Steps to Audit Your Family Legacy

A complimentary guide from Spirit & Frame — offered with intention, for those ready to begin.

01 · The Digital Harvest

Check one "forgotten" source today — an old USB, a cloud drive, or an old Facebook album. Move 10 meaningful photos to a dedicated "Legacy" folder.

- I found and moved 10 photos to my Legacy folder.
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02 · The Physical Survey

Locate your oldest family box. Do not organize yet — simply ensure it is in a climate-controlled room, not a garage or attic.

- My oldest physical media is now in a climate-controlled space.
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03 · Identify the "Spirit" Holders

List three elders or family members who can still name the faces in your oldest photos. These people are living archives.

- I have identified at least one Spirit Holder and noted their name.
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04 · The Narrative Scan

Find one photo that creates a "raw experience" — joy, grief, or love. Write down three sentences about why that moment matters.

■ I have written my three sentences. _____

05 · Audit the "Frame"

Are your digital memories backed up in two places? Is your physical media protected from light and moisture?

■ My digital files are backed up in two locations. ■ My physical media is protected from light and moisture.

When you are ready to go beyond the audit, Spirit & Frame is here.

Five capsules. One intention: your memories deserve to last.

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With reverence, The Curator | Spirit & Frame