

Words That Wait

The Art of the FOREVER Message

*How to write and record messages that arrive
exactly when they matter most*

A free guide from MyStories FOREVER Vault

www.mystoriesforevervault.com

A Letter From You, Waiting

Somewhere in the future there is a morning that belongs to someone you love. An eighteenth birthday. A wedding day. A graduation. A hard Tuesday in a year you can't imagine yet. And on that morning, something arrives that no one else on earth could give them: your words, written today, sealed until the moment they matter.

That is a FOREVER Message. Not a card bought the week before. Not a text dashed off between meetings. A message composed with the luxury of time and the honesty of distance — opened on the one day it was always meant for.

This guide is about writing them well.

It covers what the research says these messages do for the person writing them and the person opening them (spoiler: more than you'd think, for both). It covers what to write for each occasion, the one rule that keeps a message beautiful for decades, how to write when your own time feels uncertain, and how to build a yearly tradition your family will come to treasure — including, if you're that kind of parent, a lifetime supply of dad jokes.

A message written today and opened in twenty years isn't delayed mail. It's time travel for love.

First — what exactly is a FOREVER Message?

FOREVER Messages is a feature of MyStories FOREVER Vault, the collaborative family vault where families keep their stories, photos and voices safe for generations. Here's the whole idea in one paragraph:

You write a message today — or record it in your own voice, or on video — add photos if you like, address it to someone you love, choose the day it should open, and seal it. From that moment the system carries it for you. The message stays completely private (no one can read it, not even family), then opens automatically on the right morning, in the recipient's own timezone, and is delivered inside their own account — whether that morning is next year or in forty years, and whether or not you're there to press anything.

Some messages don't have a knowable date — a wedding, a graduation. Those wait in the care of **Message Stewards**: one or two people you trust to say "the moment has come", who can see who a message is for but never a word of what it says. And birthday, anniversary and Christmas messages can repeat **every year**, with different messages pre-loaded for the years ahead — which is where the dad jokes come in.

Everything in this guide is built into the writing experience itself: the reflective questions, the voice recorder, the stationery designs, the preview of exactly what your recipient will one day open. Your first FOREVER Message is included on the free plan.

Now — let's make it worth opening.

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1. What Writing One Does for You

Here's the part nobody tells you: the person who benefits first from a FOREVER Message is you.

The need to hand something on

Psychologists call it *generativity* — the deep human need to contribute to the people who come after us. It's the drive behind planting trees whose shade we'll never sit in, and it grows stronger, not weaker, as we age. Writing a message to the future is generativity in its purest form: you are quite literally handing a piece of yourself forward.

What palliative care discovered

Some of the most striking evidence comes from the end-of-life world. In a practice known as dignity therapy, seriously ill patients work through a series of guided questions to create a legacy document for their families — the things they want remembered, the lessons they want to pass on, the words they want to leave behind. Patients who do this consistently report a heightened sense of meaning and purpose, and their families keep those documents for generations.

Notice something? *Guided questions*. Not a blank page. The researchers learned early what every blank-page writer knows: we don't struggle because we have nothing to say. We struggle because we have too much, and no way in. That's exactly why the Vault's compose experience asks you reflective questions and builds the message from your own answers — it's the same scaffolding, borrowed from the people who understand these letters best.

The writing itself is good for you

Decades of research on expressive writing show that putting emotionally important things into words — on paper, out loud, it doesn't matter — measurably benefits the writer. Lower stress. Better sleep. A feeling of having *dealt with* something that was circling. A FOREVER Message is expressive writing with a destination. You get the benefit today; they get the words when it counts.

You are not just leaving words for them. You are settling something in yourself.

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2. What Receiving One Does for Them

Now the other side of the envelope — because the research here is just as encouraging, with two findings every writer should know.

Grief has been rethought

For most of the twentieth century, the official story about grief was "letting go": detach from the person you lost and move on. Modern grief research turned that on its head. The healthiest mourners, it turns out, don't sever the connection — they *transform* it. Researchers call these **continuing bonds**: the ongoing, evolving relationship we keep with people who are gone. The recipe box in her handwriting. The advice you can still hear him giving. The joke that's still his, forty years on.

A FOREVER Message is a continuing bond you build deliberately, in advance, with your own voice. For the person who opens it, it isn't a reminder of absence. It's a moment of presence.

Laughter is allowed — in fact, it helps

One of the most surprising findings in bereavement research: people who can experience genuine positive emotion — including laughter — while grieving tend to adjust *better* over the long run, not worse. Humour isn't disrespectful to grief. It's one of the healthiest forms a continuing bond can take.

Which is your permission slip, officially, for the yearly dad joke. A joke arriving on a birthday every year says something no solemn message can: *our relationship is still allowed to be what it always was*. (Chapter 9 has you covered for the next century.)

What recipients need from you

The same research carries two gentle warnings, and they're worth taking seriously:

Predictability matters. A message that arrives out of nowhere can land as a shock, even a loved one's words. The Vault handles the structural side of this for you — messages arrive inside the recipient's own account and wait there, with the email only a knock at the door, so they choose the moment they actually open and read it. Nobody is ambushed at the traffic lights.

Control matters. The recipient gets to decide when — and whether — to sit with a message. Yours will wait patiently for them, permanently. Never resent that; it's what makes opening it safe.

For the one who opens it, your message isn't a reminder that you're gone. It's proof that you're still here.

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3. Bless, Don't Steer

If you take one sentence from this entire guide, take this one: **write to bless, not to steer.**

Here is the problem no one thinks about while writing. Your message is frozen; their life is not. A message written to a seven-year-old opens for a twenty-one-year-old you've never met. And words from someone deeply loved — especially someone gone — carry enormous weight. A blessing carries that weight beautifully. An instruction becomes a burden that can't be argued with, softened, or renegotiated, ever.

What steering looks like

- *"By now I hope you're married with children of your own."* (And if they're not — or never want to be?)
- *"Promise me you'll stay in the Church / take over the business / look after your brother."* (A promise extracted from someone who can't say no.)
- *"Don't cry for me. Be strong."* (An instruction to not grieve — which recipients report as one of the heaviest lines of all.)
- *"I always dreamed you'd become a doctor."* (A dream that isn't theirs to carry.)

None of these are written with anything but love. All of them can ache for decades.

What blessing looks like

- *"Whatever shape your life has taken, I trust the person who chose it."*
- *"You have my blessing for every road — the ones I'd have picked, and especially the ones I wouldn't have thought of."*
- *"Grieve however you grieve, for as long as you need. There's no wrong way to love me."*
- *"I don't need to know what you became to know I'm proud of you."*

Feel the difference? A blessing gives; an instruction asks. Messages that give — love, memory, confidence, laughter, stories — age like cellar wine. Messages that ask age like milk.

The test: before you seal, read your message and ask — *does any line here need something from them?* If yes, rewrite it until it's a gift with no strings. Wishes are fine ("I wish you a love as ridiculous as ours"). Conditions are not.

Write nothing the future has to obey. Write everything the future gets to keep.

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4. Writing When Time Is Uncertain

Some readers have come to this guide the hard way: a terminal diagnosis, or a degenerative one — a window that is closing, on a schedule nobody will confirm. This chapter is for you, and it is deliberately practical, because you don't need more feelings from us. You need a plan.

First, what those dignity-therapy researchers would tell you: this work is worth doing, it reliably brings meaning to the person doing it, and it does not have to be done all at once, perfectly, or in order.

Voice first

Ask any family who has lost someone what they miss most and the answer is almost never the handwriting. It's the voice. In motor neurone disease care, clinicians urge people to record their voice *early, while it's easy* — not because the situation is desperate, but because a voice recorded on an ordinary Tuesday is a gift no technology can recreate later. The same logic applies to you. Record before you write. A two-minute voice message saying nothing more profound than how you take your tea and how much you love them will one day be the most played file in your family's vault.

One message, then another

Don't sit down to "write them all". Write one. The 18th birthday, or the wedding, or just next Christmas. Seal it. Feel what that feels like — most people describe it as a weight going *down*, not up. Then, when you're ready, write the next. A dozen sealed messages is a legacy; so is one.

Build on the dates, lean on the people

Two kinds of messages, two kinds of reliability:

- **Date messages need nobody.** Once sealed, a birthday or anniversary message opens automatically, every year if you choose, whether or not you — or anyone — is there to manage it. This is the backbone. A yearly message means your voice arrives every single year, untouched by anything that happens to you.
- **Moment messages need a witness.** Weddings and graduations have no knowable date, so you appoint Message Stewards — people you trust to say "the moment has come". They see who the message is for and the occasion, never a word of what it says. Choose people likely to be *at* the wedding.

And if managing things yourself may one day be the issue, name a **Message Trustee** while it's easy — the person who carries the logistics of your messages (never the contents) if you no longer can. Doing this early, calmly, on your own terms, is not giving up. It's the same dignified act as writing the messages at all.

Permission to stop

This writing can stir more than you expect — that's normal, and it's also information. Pause whenever you need. Come back tomorrow, or next month. And if the feelings are heavier than one person should carry, take them to a counsellor or your palliative care team as well as the page; this guide is a companion, not a substitute. The messages will wait. That is, after all, the entire point of them.

You are not writing goodbyes. You are writing arrivals — yours, over and over, for years.

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5. What to Write, Occasion by Occasion

The guided questions in the compose window will draw each message out of you — this chapter is the wider map. For any occasion, the strongest messages stand on the same three legs:

1. **A memory** — one specific scene, told with detail only you know.
2. **A truth** — something you actually believe, learned the slow way.
3. **A blessing** — what you wish for them, given freely (Chapter 3).

Milestone birthdays (18, 21, 30, 40, 50...)

Tell them who they were. At eighteen, the story of the day they were born, told properly — the weather, the panic, the first look. At thirty, the toddler who once ate sand with total commitment. You are the keeper of chapters they can't remember; a milestone birthday is when you hand a chapter over. Then one thing you know about the decade they're entering that you wish someone had told you.

Weddings

Answer the real question — *what actually holds two people together?* — from your own evidence. The strongest wedding messages contain one working marriage's worth of truth: the fight that taught you how to fight fairly, the boring Tuesday that turned out to be the whole point. Bless the marriage they will build, not the one you had.

Graduations

Skip the certificate; honour the proof. What the day demonstrates is that they can do hard things — so tell them about the hard thing *you* nearly quit, and didn't (include the doubt, it's the useful part). Then aim them forward: what you hope they carry into the life after the gown.

New babies

Welcome to the club nobody can prepare you for. The most treasured message here has two halves: the truth (you will be more tired, more terrified and more in love than you thought possible, sometimes before breakfast) and the confidence (*you were raised for this — trust yourself*). If it's their first, tell them about *your* first week as a parent. Honestly.

"Open when..." messages

The quiet heroes of the vault: *open when you need courage. Open when you miss me. Open when it's all gone wrong*. These work because they arrive by the recipient's choice, at the exact moment of need. Write them like a hand on a shoulder: short, steady, certain. Remind them of a specific time they came through. One sentence they can hold. No advice unless they asked for it in advance.

The message you write "just because"

The occasion nobody plans for, and the one that ends up mattering most: an ordinary message from an ordinary day. What the kitchen smells like right now. What made you laugh this week. How they looked in the garden this morning while you were writing this. The future will have no shortage of your big-occasion words; it will be desperately short of your Tuesdays.

Small and true beats big and general. Every time.

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6. The Yearly Message

A single message is a gift. A yearly message is a tradition — and traditions are how a family says *this matters* on a schedule.

How it works, honestly

When you set a birthday, anniversary or Christmas message to repeat yearly, it arrives every year, forever, with no further effort from you. You can pre-load a different message for as many years ahead as you like — write the next five birthdays this afternoon if the mood takes you — and rewrite next year's any time before the day. If you never touch it again, last year's message simply arrives again. The day is never missed. Nothing depends on you being able, or around, to press anything.

That last sentence is worth sitting with. A yearly voice message means someone you love hears your voice *every year*, on their day, no matter what.

Evolving vs. repeating

Both are lovely; they're different instruments:

- **The repeating message** is a ritual — the same words every year, arriving like a bell. "Happy birthday, sweetheart. Another year of you — what a gift that is to all of us." Familiarity is the point; by year ten it will be recited along with, like a favourite song.
- **The evolving series** is a correspondence — a different message pre-loaded for each year. Writers of these often speak to the age: at sixteen, the learner-licence joke; at twenty-five, the truth about your own twenties; at forty, the things nobody admits about forty.

The strongest tradition we know combines them: a short ritual line that never changes, then a paragraph that does — *and then the joke*.

The joke tradition

A yearly joke is continuing bonds with the wrapping paper still on (Chapter 2 says the research approves). It costs eight seconds of the reader's day, and it compounds: by the twentieth year the groan is no longer about the joke at all. It's the sound of a relationship still running.

One dad we built this feature imagining plans a joke in his daughter's birthday message every year for the rest of her life. Chapter 9 is for him, and for you: one hundred jokes, rated by groan, enough for a century of birthdays.

The first year it's a joke. By the tenth year it's a ritual. By the thirtieth it's him, still turning up.

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7. Your Voice Is the Heirloom

Words survive on paper. But the pause before the funny bit, the accent, the particular way you say their name — that lives only in recordings. If your family could keep one artefact of you, decades of bereaved families agree on what it would be: the voice.

Recording without fear

The Vault's recorder walks you through a microphone test first — levels, playback, retry — so you never lose a beautiful take to a muted mic. A few things the professionals know:

- **Talk to one person, not posterity.** Picture them at the age they'll be when it opens, sitting across the kitchen table. Speak to that person. The recording will sound like you, which is the entire assignment.
- **Don't script it.** Notes, fine; a script, never. A read paragraph sounds like a will. A spoken one sounds like a phone call — and a phone call is what they're missing.
- **Keep the stumbles.** The false start, the laugh at your own joke, the pause while you find the word — that's not noise, that's *you*. Re-record if you genuinely fluffed it (the review step makes that painless), but don't chase perfect. Perfect is the only thing that sounds wrong.
- **Sixty seconds is plenty.** The recordings families wear out are rarely the long ones.

What to record

Everything you'd write, plus the things writing flattens: sing the terrible happy-birthday harmony. Do the impression they always beg you not to do. Read the dad joke aloud and refuse to apologise for it. Say their name once, just because they'll want to hear it.

In a yearly series, each year can carry its own recording — your voice at fifty arriving on their thirtieth, your voice at sixty on their fortieth. You are building an archive of yourself in time, one birthday at a time.

Paper keeps your words. Recordings keep you.

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8. Practical Wisdom — Questions Writers Ask

How far ahead should I write?

As far as you like — the system opens messages on the right morning whether that's next year or in forty years, in the recipient's own timezone. The practical limit isn't the technology, it's Chapter 3: the further ahead you write, the more a blessing beats a plan.

Should I tell them a message is waiting?

For date messages, surprise is lovely and safe — the message arrives inside their account, gently. For the biggest ones ("open when I'm gone"), many writers tell one trusted person the messages *exist*, so the family knows to watch for them. Your Message Stewards and Trustee know sealed messages exist without ever reading a word — that's the design.

What if I change my mind?

Until the moment a message opens, everything is yours to rewrite, re-record, redate or delete. Sealed is not carved. After it opens, it becomes part of the record — which is exactly what makes an opened message trustworthy.

What if what I wrote becomes untrue?

It will, sometimes — people reconcile, beliefs soften, the joke stops being funny. Two defences: write blessings rather than facts about the future (Chapter 3 again), and for anything that might age, prefer the evolving yearly series you can quietly rewrite over the single sealed epic.

Can I write to someone who isn't in the family yet?

Writers do this constantly — messages for future grandchildren, for a child's someday-partner. Address the message to the person who will *deliver* it ("For Sarah — to give to her firstborn") and say so in the first line.

What about the very hard messages — apologies, explanations, secrets?

Handle with care. An apology that arrives when it can no longer be answered gives the recipient feelings with nowhere to go. If an apology matters, the research and every counsellor agree: deliver it while you're alive, in person, if it's at all possible — and let the FOREVER Message be the *second* telling. Secrets deserve the same test: is this a gift to them, or a weight off me? Only gifts belong in the vault.

Sealed is not carved. Until the day it opens, every word is still yours.

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9. The Dad Joke Vault

One hundred jokes for one hundred birthdays.

As promised: a century's supply, groan-rated for your convenience (🍃 = mild wince, 🍃🍃 = audible sigh, 🍃🍃🍃 = leaves the room). Deploy one per year in the yearly birthday message; the tradition does the rest.

1. I only know 25 letters of the alphabet. I don't know y. 🍃🍃
2. Why don't eggs tell each other secrets? They'd crack up. 🍃
3. I used to hate facial hair, but then it grew on me. 🍃🍃
4. What do you call a fish with no eyes? A fsh. 🍃🍃🍃
5. I'm reading a book about anti-gravity. It's impossible to put down. 🍃
6. Why did the scarecrow win an award? He was outstanding in his field. 🍃
7. I ordered a chicken and an egg online. I'll let you know which comes first. 🍃🍃
8. What's brown and sticky? A stick. 🍃🍃🍃
9. Did you hear about the cheese factory that exploded? De-brie everywhere. 🍃🍃
10. I told the doctor I broke my arm in two places. He told me to stop going to those places. 🍃
11. What do you call a boomerang that won't come back? A stick. See joke 8. 🍃🍃🍃
12. Why can't a nose be twelve centimetres long? Because then it would be a foot. 🍃🍃
13. I asked the librarian if the library had books about paranoia. She whispered, "They're right behind you." 🍃
14. What did the ocean say to the beach? Nothing, it just waved. 🍃🍃
15. I used to play piano by ear. Now I use my hands. 🍃🍃
16. Why did the bicycle fall over? It was two-tyred. 🍃🍃
17. How do you make a tissue dance? Put a little boogie in it. 🍃🍃🍃
18. I sold our vacuum cleaner. It was just gathering dust. 🍃
19. What do you call a bear with no teeth? A gummy bear. 🍃🍃
20. The shovel was a ground-breaking invention. 🍃🍃
21. I'm on a seafood diet. I see food and I eat it. 🍃🍃🍃
22. Why don't scientists trust atoms? They make up everything. 🍃
23. What did the zero say to the eight? Nice belt. 🍃🍃
24. Kid: "Dad, I'm hungry." Dad: "Hi Hungry, I'm Dad." The original. The classic. Undefeated. 🍃🍃🍃
25. Why did the maths book look so sad? Too many problems. 🍃

26. I stayed up all night wondering where the sun went. Then it dawned on me. 🍃🍃
27. What do you call cheese that isn't yours? Nacho cheese. 🍃🍃🍃
28. I got a job at a bakery because I kneaded dough. 🍃🍃
29. Why do bees have sticky hair? They use honeycombs. 🍃🍃
30. Never trust stairs. They're always up to something. 🍃
31. What's orange and sounds like a parrot? A carrot. 🍃🍃🍃
32. I told a joke about the roof once. It went over everyone's head. 🍃
33. How does the moon cut its hair? Eclipse it. 🍃🍃
34. What do you call a sleeping bull? A bulldozer. 🍃🍃
35. The graveyard is so popular, people are dying to get in. 🍃🍃🍃
36. Why did the golfer bring two pairs of trousers? In case he got a hole in one. 🍃🍃
37. I couldn't work out how to fasten my seatbelt. Then it clicked. 🍃
38. What kind of shoes do ninjas wear? Sneakers. 🍃🍃
39. Why couldn't the leopard play hide and seek? He was always spotted. 🍃🍃
40. I don't trust those trees. They seem kind of shady. 🍃🍃
41. What did one wall say to the other? I'll meet you at the corner. 🍃🍃
42. A sandwich walks into a bar. The barman says, "Sorry, we don't serve food here." 🍃🍃
43. Why are elevator jokes so good? They work on many levels. 🍃
44. What do you call a fake noodle? An impasta. 🍃🍃🍃
45. Milk is the fastest liquid on earth — it's pasteurised before you even see it. 🍃🍃🍃
46. I know a lot of jokes about retired people, but none of them work. 🍃
47. Why did the tomato blush? It saw the salad dressing. 🍃🍃
48. What do you get when you cross a snowman and a vampire? Frostbite. 🍃🍃
49. Australia's biggest export is boomerangs. It's also our biggest import. 🍃🍃
50. Halfway. Fifty jokes in and your family still opens these. That's love, that is. 🍃
51. What's the best thing about Switzerland? I don't know, but the flag is a big plus. 🍃🍃
52. Why do fathers take an extra pair of socks golfing? In case they get a hole in one. Yes, again. It's a different sport now. 🍃🍃🍃
53. What do you call a dinosaur with an extensive vocabulary? A thesaurus. 🍃
54. I asked the gym instructor if he could teach me to do the splits. He asked, "How flexible are you?" I said, "I can't make Tuesdays." 🍃
55. Why did the coffee file a police report? It got mugged. 🍃🍃

56. What did the fish say when it swam into the wall? Dam. 🍌🍌🍌
57. I used to be a banker, but I lost interest. 🍌🍌
58. How many apples grow on a tree? All of them. 🍌🍌🍌
59. What do you call a cow with no legs? Ground beef. 🍌🍌🍌
60. Why can't you hear a pterodactyl in the bathroom? The p is silent. 🍌🍌
61. I made a pencil with two erasers once. It was pointless. 🍌
62. Want to hear a joke about construction? I'm still working on it. 🍌🍌
63. What's a skeleton's least favourite room? The living room. 🍌🍌
64. Why did the picture go to jail? It was framed. 🍌🍌
65. I don't play soccer because I enjoy the sport. I'm just doing it for kicks. 🍌🍌
66. What did the buffalo say when his son left? Bison. 🍌🍌🍌
67. Why do seagulls fly over the sea? If they flew over the bay, they'd be bagels. 🍌🍌🍌
68. I have a joke about chemistry, but I don't think it will get a reaction. 🍌
69. What do you call an alligator in a vest? An investigator. 🍌🍌
70. Two goldfish are in a tank. One says to the other, "Do you know how to drive this thing?" 🍌
71. What does a lemon say when it answers the phone? Yellow. 🍌🍌🍌
72. Why did the man fall down the well? He couldn't see that well. 🍌🍌
73. I entered a pun contest with ten puns, hoping one would win. No pun in ten did. 🍌🍌🍌
74. What do you call a herd of sheep falling down a hill? A lambslide. 🍌🍌
75. Why shouldn't you write with a broken pencil? There's no point. Still. 🍌🍌
76. Three-quarters of the way there. You could say these jokes are... maturing. Like me. 🍌
77. What do you call a magic dog? A labracadabrador. 🍌🍌🍌
78. Where do you learn to make ice cream? Sundae school. 🍌🍌
79. Why was the broom late? It over-swept. 🍌🍌
80. What time did the man go to the dentist? Tooth-hurty. 🍌🍌🍌
81. Did you hear about the kidnapping at the playground? He woke up. 🍌🍌
82. Why don't skeletons ever fight? They don't have the guts. 🍌
83. What's the difference between a poorly dressed man on a bicycle and a well-dressed man on a unicycle? Attire. 🍌🍌🍌
84. How do you organise a space party? You planet. 🍌🍌
85. What did the janitor say when he jumped out of the cupboard? Supplies! 🍌🍌🍌
86. Why did the invisible man turn down the job offer? He couldn't see himself doing it. 🍌

87. What do you call a duck that gets all A's? A wise quacker. 🍃🍃
88. I once swallowed a dictionary. It gave me thesaurus throat I've ever had. 🍃🍃🍃
89. Which days are the strongest? Saturday and Sunday. The rest are weekdays. 🍃🍃
90. I'd tell you my joke about the umbrella, but it's over your head. 🍃🍃
91. What's red and smells like blue paint? Red paint. 🍃🍃🍃
92. Why are pirates called pirates? They just arrrr. 🍃🍃
93. I finally watched that documentary about clocks. It was about time. 🍃
94. What do you get from a pampered cow? Spoiled milk. 🍃🍃
95. My wife said I should do lunges to stay in shape. That would be a big step forward. 🍃🍃
96. Why did the stadium get hot after the game? All the fans left. 🍃🍃
97. I've started telling everyone about the benefits of dried grapes. It's all about raisin awareness. 🍃🍃🍃
98. What did one candle say to the other? Are you going out tonight? 🍃
99. When does a joke become a dad joke? When the punchline becomes apparent. 🍃🍃
100. One hundred jokes, one hundred birthdays. If you're reading this one, I've been making you groan for a century — and I'd do it all again. Happy birthday, kiddo. ❤️

Deploying the arsenal

Write your yearly birthday message, drop the year's joke at the end, and pre-load a few years ahead while you're in the mood. Record yourself *reading* the joke for the years that matter — the groan needs the delivery. And keep this page handy: at one a year, this list outlasts every one of us. Which was, of course, always the point.

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Start With One

You now know more about writing messages across time than almost anyone who has ever sealed one: why it does the writer good, what it becomes for the one who opens it, the bless-don't-steer rule that keeps words beautiful for decades, and one hundred certified groans.

So don't try to write them all. Write *one*.

The 18th birthday. Next Christmas. An "open when you need courage". An ordinary Tuesday message about how the kitchen smells right now. In the Vault, guided questions draw it out of you, you say a minute of it in your own voice, choose the paper, preview exactly how it will arrive — and seal it.

Somewhere in the future, a morning that belongs to someone you love just got better. It's waiting for them. It will wait as long as it takes.

The best time to plant a tree was twenty years ago. The best time to write a FOREVER Message is before the kettle boils.

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Ready to Write Words That Wait?

You've just read the guide. FOREVER Messages — the tool this guide is written for — is built into MyStories FOREVER Vault, the collaborative family vault where your stories, photos, voices and messages are kept safe for generations.

How FOREVER Messages Works

- **Guided crafting, not a blank page.** The reflective questions from this guide are built into the writing experience — your message is woven from your own answers, in your own words.
- **Your voice — or your face.** Record voice or video right in the writing window: a microphone check with live levels, a camera preview, then record, play back, and re-record until it's you. Enclose photos with the message too.
- **Beautiful on the day.** Choose a stationery design and preview exactly what they'll receive before you seal it. What you approve is what they open.
- **Sealed until it matters.** Your message opens automatically on the morning you chose, in the recipient's own timezone — next year or in forty years, whether or not you're there to press anything.
- **Yearly traditions, forever.** Birthday, anniversary and Christmas messages can repeat every year, with different messages (and a fresh dad joke) pre-loaded for the years ahead.
- **Messages that wait for a moment.** Weddings and graduations have no knowable date — so trusted Message Stewards release them when the moment comes, without ever reading a word.

Write your first FOREVER Message today.

Visit www.mystoriesforevervault.com and create your free Vault — your first FOREVER Message is included on the free plan, and the joke on page one of the Dad Joke Vault is ready when you are.

Somewhere in the future, a morning that belongs to someone you love is waiting to be made better.

The MyStories FOREVER Vault Team

Helping families preserve what matters most.