



Record Your Stories in Your Own Voice

A simple guide to making and saving audio keepsakes

Make an audio keepsake: a short recording of a story, a favorite saying, or a message that you can listen to again or share with someone you choose. Think of it as a photo album you can hear.

Your first goal: one recording, about a minute long. Use your phone. No artificial intelligence (AI) tool, subscription, or special microphone is needed.

Make your first recording

1 Find the recorder

On iPhone, open Voice Memos. On Android, look for Recorder or Voice Recorder; names and buttons vary by phone. Google Pixel has Recorder. If you cannot find yours, check your phone maker's help.

2 Pick one small story

Sit somewhere quiet and keep the phone nearby. Try: "One thing that still makes me laugh is..." Say your name and the date first, if you like.

3 Record and stop

Tap Record and speak naturally. On iPhone, tap Stop when finished; the recording saves automatically. On Android, finish the recording and choose Save if asked.

4 Listen and give it a name

Open the recording and tap Play. Can you hear it clearly? On iPhone, tap its name to rename it. On Android, look for a title or Rename option. Try "My first job - 2026-10-19."

That is enough for today. Page 2 offers more ideas; page 3 helps you keep and share what you make.



What would you like to record

Twelve ideas to choose from

Pick whichever idea fits your life. Speak for 30 seconds or a few minutes. You can keep a recording just for yourself, send it to a friend, or add it to a collection for people you care about.

A little mischief - Tell about a harmless adventure that still makes you laugh.

Your first paycheck - What did you do to earn it, and what did you spend it on?

A favorite place - Describe a room, garden, street, or view you remember vividly.

A person who mattered - Who helped you, and what would you like to thank them for?

The kitchen story - Explain a favorite recipe, including the part nobody writes down.

The trip with a twist - What went wonderfully wrong on a journey or day out?

A friendship - How did you meet a friend who became important to you?

Something you learned - What can you do now that once seemed impossible?

A phrase that is yours - Say a familiar greeting, toast, or expression in your usual way.

A little encouragement - Record a message for someone facing a challenging day.

A celebration - Make a birthday greeting, congratulations, or a thank-you.

An ordinary good day - What small thing made you smile today? Tell the story.

My first topic

Three words to help me remember what to say

A pause or a laugh can stay in. If you dislike a recording, try again. This is your collection; you decide what belongs in it.



Keep it where you can find it

Save a copy and choose who can hear it

1 Give each recording a useful name

Use a subject and date, such as “The runaway picnic umbrella - 2026-10-19.”

2 Make a second copy

Use Share or Export to copy the audio to a computer or storage account you control. Open that copy and play it. Keep a copy somewhere other than your phone.

3 Share only if you want to

On iPhone, select the recording, open More (the three dots), then Share. On Android, look for Share in the recording's menu. Send the audio file to your chosen person and check that it plays.

Keep the original. Cloud syncing can also sync deletions; keep an independent copy. Button names may vary with app updates.

My recording notes

Recording name and date

Where I saved the second copy

Who may hear it or help me find it

Your voice, your choice. Ask before recording someone else. Share privately if the story is personal. Permission to hear a recording is not permission to use it to create an AI imitation of a voice.

This guide explains how you can save recordings of your own voice. AI voices and planning for changing speech are separate projects. For speech support, consult a speech-language professional.

Official help checked October 19, 2026: Apple Voice Memos (record and share); Google Pixel Recorder (manage recordings). Links below open the makers' instructions.

[Apple: record](#)

[Apple: share](#)

[Google: manage](#)