

Use these prompts in any order. Answer the ones that feel meaningful to you. Write, record, or share your stories out loud. The goal is simply to preserve your memories and values for the people you love.

Childhood and Early Life

1. What is your earliest memory?
 2. What was your home like growing up?
 3. Who raised you, and what were they like?
 4. What did a normal day look like when you were a child?
 5. What games did you play?
 6. What did you do for fun?
 7. Who was your closest friend as a child?
 8. What did you worry about as a child?
 9. What made you feel safe?
 10. What did your parents or caregivers teach you that stayed with you?
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Family and Relationships

11. How did your parents meet?
12. What were your grandparents like?
13. What family traditions do you remember most?
14. Who in your family influenced you the most?
15. What made your family unique?
16. What conflicts shaped your family?
17. What brought your family joy?
18. What did family dinners look like?

19. What do you want future generations to know about your family?

20. What values were most important in your home?

School and Learning

21. What was school like for you?

22. Did you enjoy learning? Why or why not?

23. Who was your favorite teacher?

24. What subject interested you the most?

25. What subject was hardest?

26. Did you ever get in trouble at school?

27. What was your proudest school moment?

28. What did you want to be when you grew up?

29. Did your dreams change as you got older?

30. What did you learn outside of school?

Work and Purpose

31. What was your first job?

32. How did you choose your career?

33. What work were you most proud of?

34. What was the hardest job you ever had?

35. What did work teach you about life?

36. Did you ever take a big risk in your career?

37. What advice would you give about work?

38. What mistakes helped you grow?

39. What gave you a sense of purpose?

40. What would you do differently if you could?

Love and Partnership

41. How did you meet your partner?

42. What were your first impressions of each other?

43. What made you choose them?

44. What did you learn about love over time?

45. What were your happiest years together?

46. What were your hardest seasons?

47. How did you resolve conflict?

48. What advice would you give about marriage or partnership?

49. What kept your relationship strong?

50. What do you want your partner to always know?

Parenting and Legacy

51. What did becoming a parent mean to you?

52. What were your hopes for your children?

53. What were your fears?

54. What moments made you proudest as a parent?

55. What did your children teach you?

56. What was hardest about parenting?

57. What do you want your children to remember about you?

58. What do you hope they carry forward?

59. What would you say to your grandchildren?

60. What do you want future generations to learn from your life?

Life Lessons

61. What do you know now that you did not know at 20?
62. What is the most important lesson you learned?
63. What mistakes shaped you the most?
64. What helped you keep going during hard times?
65. What does resilience mean to you?
66. How did your definition of success change?
67. What matters most now?
68. What does a good life look like to you?
69. What advice would you give your younger self?
70. What advice would you give someone who is grieving?

Challenges and Turning Points

71. What was the hardest period of your life?
 72. How did you get through it?
 73. Who supported you when you needed it most?
 74. What loss changed you?
 75. What failure taught you the most?
 76. What risk are you glad you took?
 77. What risk do you regret not taking?
 78. What moment changed your path?
 79. When did you feel strongest?
 80. What surprised you about life?
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Culture and History

81. What major events shaped your generation?
 82. How did the world change during your lifetime?
 83. What technology changed your life the most?
 84. What do younger generations misunderstand about your time?
 85. What do you admire about younger people today?
 86. What concerns you about the future?
 87. What gives you hope?
 88. What traditions should never be lost?
 89. What progress are you proud to have witnessed?
 90. What do you wish you could explain better to future generations?
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Reflection and Meaning

91. What are you most grateful for?
92. What brings you peace?
93. When did you feel most alive?
94. What do you still want to learn?
95. What do you want to be remembered for?
96. What does forgiveness mean to you?
97. What does faith or spirituality mean to you?
98. What relationships matter most?
99. What do you want your final messages to be?