

A vibrant hummingbird with iridescent blue and green feathers is shown in flight, hovering in the center of the frame. It is surrounded by large, detailed flowers in shades of pink, red, and white, some with dew drops. A small gold butterfly is perched on the top right corner of the text box. The background is a soft-focus green, suggesting foliage.

YOUR LIFE STORY





YOUR LIFE STORY

MEMORIES, MOMENTS, & WISDOM

Dear Mom,

This Christmas, I want to give you something different - the opportunity to share your life story, in your own words. This booklet is a starting point for reflection before we sit down together to record your memories, experiences, and wisdom.

Take your time with these prompts. Feel free to jot down notes, or simply let them stir your memories. There are no right or wrong answers - only your unique story.



Early Memories

What's your earliest clear memory? How old were you?

What did your childhood home look like, smell like, feel like?

Who were the most important adults in your young life besides your parents?

What games did you play as a child? Who did you play them with?



Early Memories

What was your neighborhood like? Who were your neighbors?

What was a typical family dinner like in your childhood?

Did you have any pets? Tell me about them.

What did you do during summer vacations?



Early Memories

What was your bedroom like? Did you share it with siblings?

What clothes did you wear? Any particular outfits you loved or hated?

What was a typical Saturday like when you were young?

What kind of toys did you have? Which were your favorites?



Early Memories

What did your parents do for work? How did that affect your daily life?

What were your household chores or responsibilities?



Family & Traditions

What family traditions do you remember most fondly?

What stories did your parents or grandparents tell you about their own lives?

What was different about how you grew up compared to your friends?

How did your family celebrate holidays? Any special customs?



Family & Traditions

What foods were important in your family?
Who cooked them?

Tell me about your extended family - aunts,
uncles, cousins.

What family heirlooms or objects hold special
meaning to you?

Were there any family sayings or expressions
used regularly?



Family & Traditions

How did your family handle difficult times?

What aspects of your cultural heritage were important growing up?

What role did religion or spirituality play in your family life?

What family rules were strictly enforced?



Family & Traditions

Were there any family secrets or stories that surprised you later in life?

What traditions from your childhood have you kept alive?

How did your family spend weekends and vacations?



School Days

Who was your favorite teacher and why?

What subject captivated you the most?

What did you dream of becoming when you grew up?

What was your journey to and from school like?



School Days

Who were your best friends? What made them special?

What extracurricular activities did you participate in?

Were you involved in sports? What positions did you play?

What was the biggest trouble you ever got into at school?



School Days

What technological changes in schools have surprised you most?

Did you have a favorite lunch? Did you buy or bring lunch?

What were the popular kids like? Where did you fit in?

What school events (dances, games, plays) stand out in your memory?



School Days

How did your parents approach your education?

What subjects challenged you the most?

Were there any teachers who changed your life path?



Coming of Age

What moments marked your transition from child to teenager to adult?

What was dating like in your era?

What music, movies, or books shaped your worldview?

When did you first fall in love? What was it like?



Coming of Age

What fashion trends did you embrace or reject?

What was your first job? How much did you earn?

What was your first car? Any memorable stories about it?

What major world events impacted your teenage years?



Coming of Age

How did you push boundaries with your parents?

What were your favorite hangout spots?

Who were your role models during these years?

What decisions from this time would you make differently now?



Coming of Age

When did you first feel truly independent?

What skills did you learn that proved most valuable later?

How did you spend your money as a teenager?

What were your biggest dreams and fears?



Career & Purpose

What led you to your chosen career path?

What work achievements are you most proud of?

What did you learn from your professional challenges?

Who were your mentors? How did they influence you?



Career & Purpose

**What was your first professional setback?
How did you handle it?**

How did you balance work and family life?

**What skills do you wish you had developed
earlier?**

**What career paths did you consider but not
take?**



Career & Purpose

How did technology changes affect your work over the years?

What was the best team you ever worked with?

What was the hardest professional decision you ever made?

How did your career goals change over time?



Career & Purpose

What advice would you give someone starting in your field today?

What do you wish you had known about work when you were younger?

How did you handle office politics and relationships?

What professional moments brought you the most satisfaction?



Love & Partnership

How did you meet your spouse/partner?

What attracted you to them?

What moments tested and strengthened your relationship?

What was your wedding day like?



Love & Partnership

How did you know they were "the one"?

What were your early years together like?

How did your families react to your relationship?

What's the best advice about love you ever received?



Love & Partnership

How has your relationship evolved over the years?

What traditions have you created together?

What's the hardest thing about marriage?

What's the most rewarding thing about marriage?



Love & Partnership

How do you handle disagreements?

What's the most romantic thing they've ever done?

What qualities do you admire most in your partner?

How do you keep your relationship strong?



Parenthood

How did becoming a parent change you?

What were your thoughts and feelings when you first learned you'd be a parent?

What do you remember about the day each child was born?

How did you choose each child's name?



Parenthood

What surprised you most about being a parent?

What were your biggest fears as a new parent?

How was each child different as a baby? As they grew?

What traditions did you want to pass on to your children?



Parenthood

What new traditions did you create for your family?

What was the hardest phase of parenting for you?

How did you balance discipline and freedom?

What moments made you proudest as a parent?



Parenthood

How did your parenting style differ from your parents'?

What do you wish you had known about parenting?

How did you handle work-life balance with children?

What activities did you most enjoy doing with your kids?



Parenthood

How did your relationship with your partner change after having children?

What was your approach to education and schooling?

How did you handle sibling relationships and rivalry?

What family rituals or routines were most important to you?



Parenthood

How did you decide on your parenting philosophy?

What role did extended family play in raising your children?

What technological changes have most impacted parenting?

How did you maintain your own identity while being a parent?



Parenthood

What sacrifices did you make for your children?

What unexpected joys did parenthood bring?

How did you handle letting go as your children grew more independent?

What do you most hope your children learned from you?



Life Philosophy

What values have guided your decisions?

What life lessons took you the longest to learn?

What advice would you give your younger self?

What has been your greatest source of strength?



Life Philosophy

How has your definition of success changed over time?

What historical events shaped your worldview most?

What do you consider your greatest achievement?

What do you hope your legacy will be?



Life Philosophy

What makes you most grateful in life?

How do you define happiness?

What hardships taught you the most?

What risks are you glad you took?



Life Philosophy

What risks do you wish you had taken?

How has your faith or philosophy evolved over time?

What gives your life meaning and purpose?

What do you hope future generations will learn from your experiences?

YOUR LIFE STORY

A JOURNEY THROUGH TIME

Remember, these questions are just the beginning. There are so many stories you've told me over the years, and probably just as many that I've never heard. Every time we talk, I learn something new about you, about our family, and about myself.

I know some of these memories might make you laugh, and others might bring tears. Take your time with them. Each story you share is a gift - not just to me, but to our whole family and all the generations to come.

I'm looking forward to sitting down together, taking our time, and really listening to your life story. Thank you for being willing to share it with me.

All my love,

Seth

