
MY LIFE STORIES TO SHARE ACROSS THE GENERATIONS....

The purpose of these questions is to allow you to share your stories, memories, advice and other unique details that people may not know about you. It is a way to capture your life story one question at a time. Feel free to add additional details and thoughts that the questions may trigger, this is your story, make it your own. Add pictures, drawings, and poems, anything you want to the pages to help the story come to life.

This will be a precious and priceless gift to your family, friends and loved ones. A way for them to know you better and to learn from your valuable life lessons. Stories open people's hearts and have a deep and lasting effect. It's ok to embellish a bit, that makes the stories even more memorable.

Reminiscing about days gone by can have powerful positive effects on your own health. It can help heal past hurts, lighten your heart, honor loved ones, pass along life lessons and give you a sense of pride and purpose.

Enjoy the journey down memory lane and thank you in advance for taking time to pass along your life story as a gift to share across the generations....

- One of my favorite childhood memories is:
- The way in which military service impacted by life is:
- One of the most difficult things for me to deal with in my lifetime has been: (and what is the reason this was so difficult).
- One of the things I am most proud of is:
- One of the things I like best about myself is:
- If I were to live my life over again, something I would change is:
- If I were to like my life over again, something I would NOT change is:
- One of the ways I have touched other people's live is:
- One of the things I most want to be remembered for is:
- If I could give one piece of advice to someone it would be:
- Something that would bring me more peace right now is:
- Something I want to say to my family/friends is:
- As a child, what did you want to be when you grew up?
- What is your favorite holiday memory?
- What was your favorite radio or television show as a child?
- What was your favorite pet?
- Do you know why your parents choose your name?
- What was the first movie you remember seeing?
- Do you play a musical instrument or have you ever taken lessons?
- What was your favorite vacation and why?
- Where did you go to school? (Elementary, high school, college, etc....)
- What are 3 things on your "bucket list"? Do you have a plan to accomplish them?
- Write down or state 3 positive statements about yourself.

- What games did you enjoy as a child?
- What was your favorite toy as a child?
- What was your first car or truck?
- What accomplishments mean the most to you?
- What is your favorite color and why?
- What kind of music do you enjoy and why?
- What is the most courageous thing you have done?
- Do you currently, or have you even done any volunteer work?
- Who is the person that was most influential in your life?
- What was the happiest moment in your life?
- What were the fads or trends when you were growing up?
- What is your favorite vegetable?
- What is the most daring thing you have done?
- What is your ancestry or cultural background?
- Have you visited other countries?
- What is your favorite flower or tree?
- What is your favorite bird or animal?
- What was your favorite job and why?
- What is your favorite carnival or fair memory?
- What is your favorite season?
- What is your middle name? Does it have a significant meaning?
- What types of books do you enjoy reading?
- What are some of your favorite books?
- What movie star did you have a crush on growing up?

- Who is your favorite singer or band?
- Did you or do you dance? Share a dance related story.
- Have you ever ridden an animal? If yes, what kind and when?
- Have you ever broken a bone or had a serious injury?
- What is your favorite winter memory?
- How do you stay positive or lift yourself up on days when you are feeling blue?
- What was your favorite subject in school and why?
- What do you enjoy most about growing older?
- What is or was, your favorite recipe or dish to make and why?
- What do you feel is the secret for living a happy and content life?
- Have you ever been the victim of a scam?
- Do you have a favorite quote or quotes?
- What nic nac or object in your house has significant meaning for you and why?
- What is a favorite story that your grandparents told you?
- What is your favorite poem? If you don't have one, feel free to write one to share with others.