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# Stories of a Lifetime: 50 Questions for Preserving Family Histories

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*Create a memory book that tells your family history and assists in leaving a legacy for your grandchildren.*



By Laurie Larson

my.SilverAge





**SO MUCH OF THE RICHNESS AND DEPTH** of a family's unique past resides in the memories of those who lived through and created history—it resides in you. All too often, these personal stories are never written down or shared.

Reflecting on a lifetime of memories can be like poring over a huge family photo album, sifting through a box of your childhood treasures, reading all of your love letters or taking in the epic motion picture that is your life. Take advantage of these recollections and turn your memories into a story your family can cherish for generations to come.

Create an autobiographical keepsake for them with the help of this e-book. These thought-provoking questions can help you to recount the most memorable people, places and times you've known.

You can print this e-book and write in your answers—or, type your answers in before printing it out. Once you've printed the book, tack on any additional memorabilia you'd like to include. Staple or bind the question pages together to create a gift for your grandchildren or loved ones. There's no time like the present to capture the past—and preserve it for future generations.





Today's Date:

Dear \_\_\_\_\_,

I have compiled the following memories as a way to preserve the stories of our family's history and of my own past. I hope you will find them interesting and pass this booklet down to future generations. Perhaps you could answer the same questions for your grandchildren someday!

With love,

Printed Name:

Signature:





# MY STORY

## EARLY MEMORIES

1. Where did you grow up? What was your hometown like?

2. Where did your ancestors come from? (You may want to attach a family tree to this page or make a copy of notes about your ancestors.)

3. As a child, what did you want to be when you grew up? Why?

4. What were your favorite subjects in school?

PLACE A CHILDHOOD  
PHOTO HERE



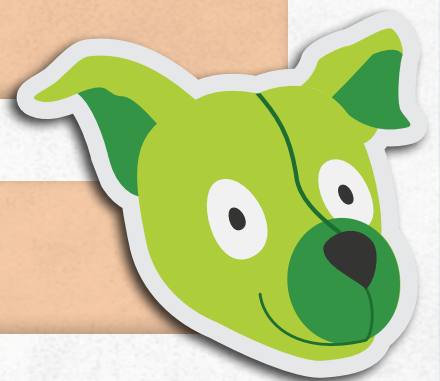


## EARLY MEMORIES

5. What hobbies or extracurricular activities did you enjoy?

6. Did you ever collect anything? What was it?

7. Did you have any pets? Which was your favorite? Why?



8. Which teacher influenced you most? How?

ATTACH EXAMPLES OF YOUR HOBBIES/COLLECTIONS



ATTACH A FAMILY RECIPE OR HOLIDAY PHOTO

## EARLY MEMORIES

9. Did you ever get in really big trouble with your parents?

10. Which sibling were you closest to as a child? Which one did you get along with the least?

11. How were holidays celebrated in your family? How did you spend your summers?

12. Did your family pass down any cooking traditions or recipes?





## POP CULTURE

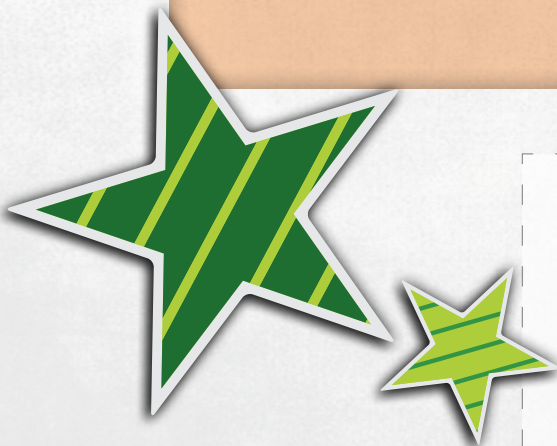
13. Who were your favorite movie stars growing up? What is your favorite movie?

14. Who are your favorite musicians? What is your favorite song?

15. What book(s) had the biggest impact on you growing up? Why?

16. What were your favorite toys and games as a child?

17. What product that isn't made anymore do you miss most?

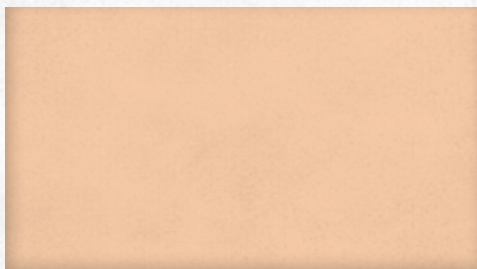


ATTACH A PHOTO OF YOUR FAVORITE  
TOY OR A MOVIE STUB HERE



## RELATIONSHIPS

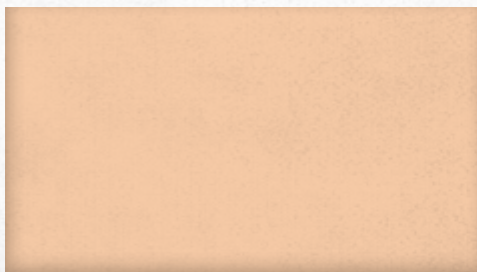
18. Who had the biggest influence on your life?  
What did he/she teach you?



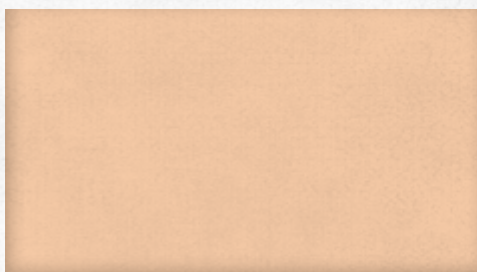
PLACE A PHOTO OF  
YOUR PARENTS HERE



19. How did your relationships with your  
parents or siblings change over the years?



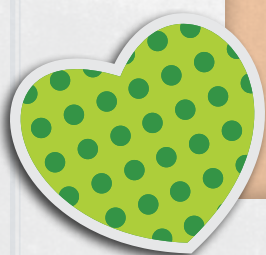
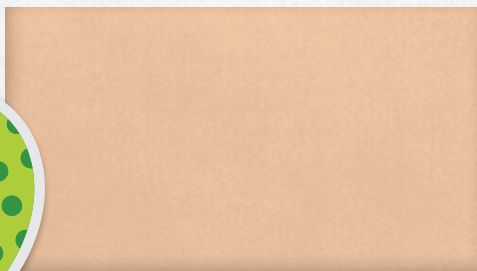
20. Did you have any famous (or infamous)  
relatives?



PLACE A PHOTO OF  
YOUR SPOUSE HERE



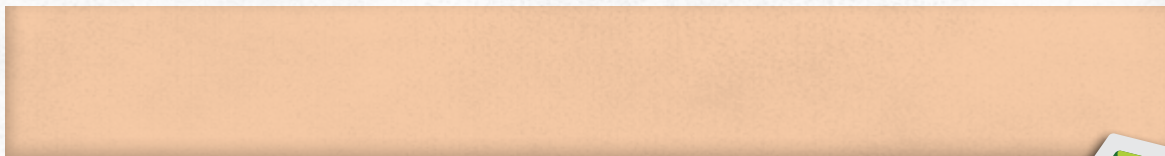
21. Whom did you go on your first date with?  
How old were you?



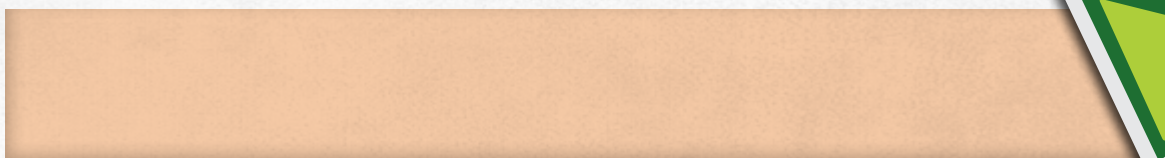


## RELATIONSHIPS

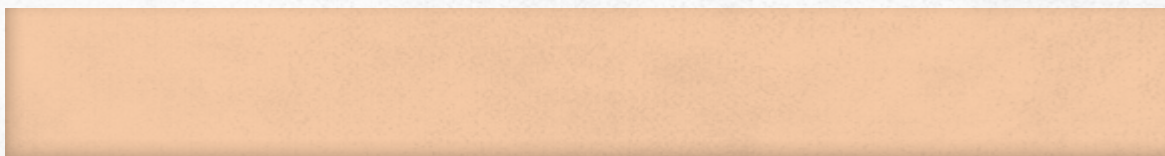
22. How did you meet your wife/husband?



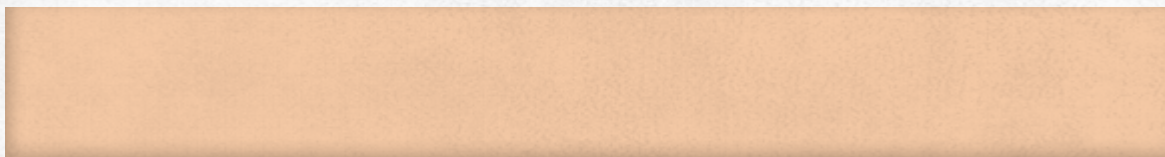
23. Where and how did you (or your spouse) propose?



24. What was your wedding like?



25. What is the key to a successful marriage?



ATTACH A PHOTO OR KEEPSAKE FROM YOUR WEDDING



## GOING PLACES

26. When did you feel like you were really grown up?

27. Where did you live your first few years out on your own?

28. Where was the first house you owned? What was it like?



29. What was your first car?

30. What was your most memorable trip or vacation?

PLACE A PHOTO OF YOUR  
FIRST HOUSE OR CAR HERE

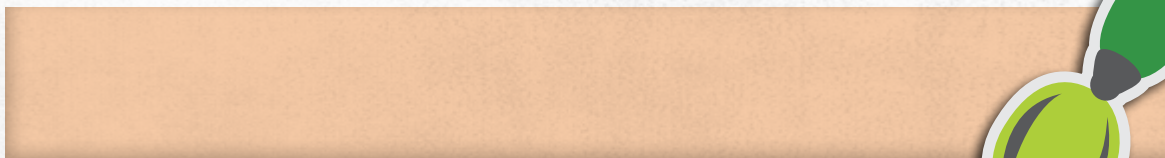




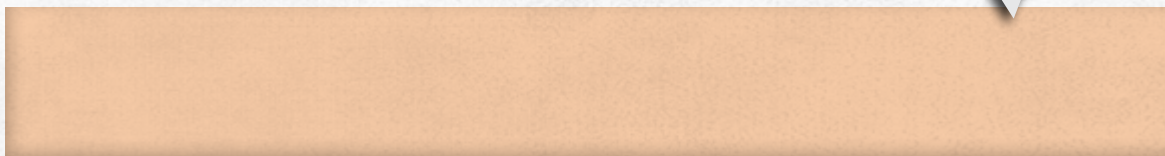
ATTACH MEMORABILIA FROM COLLEGE,  
THE MILITARY OR A VACATION

## GOING PLACES

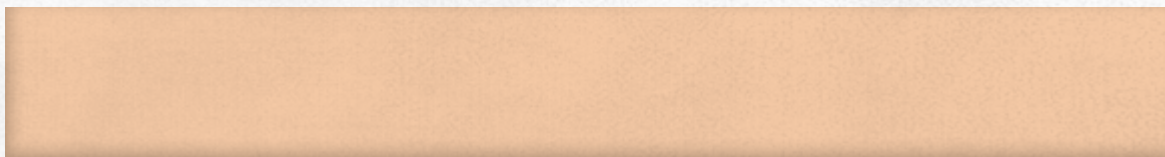
31. What was your major in college? Why did you choose that major?



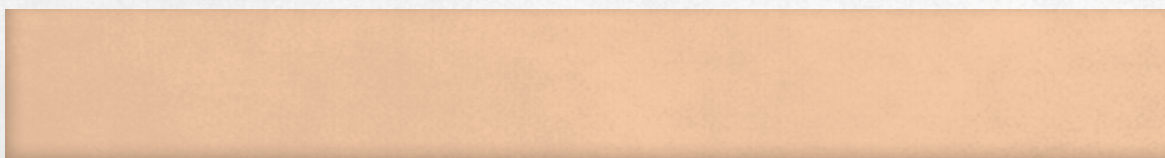
32. What did your parents want you to become? Why?



33. Were you in the military? If so, which branch and what did you do?



34. What was your first job?





## GOING PLACES



35. What unusual jobs have you had over the years?

36. Describe your main career. What were the most rewarding aspects?

## CHANGING WORLD

37. What world events had the biggest impact on you growing up? Did any of them directly affect your family?

38. How is the world different today from when you were a child?

DRAW OR ATTACH A PICTURE OF  
YOUR WORKING ENVIRONMENT



39. What are the biggest human rights changes you've seen in your lifetime (women's rights, racial equality, gay marriage, etc.)?

40. What are the most amazing scientific discoveries you have witnessed?

41. How has technology changed since you were a child?



42. Fill in the blank: I will never forget where I was when \_\_\_\_\_.  
(Explain your answer.)

## LEGACY

43. When were you happiest?

44. What do you wish you had done before you "settled down?"



## LEGACY

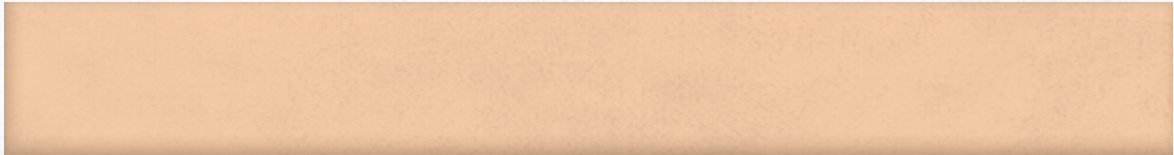
45. What are your religious or spiritual beliefs?



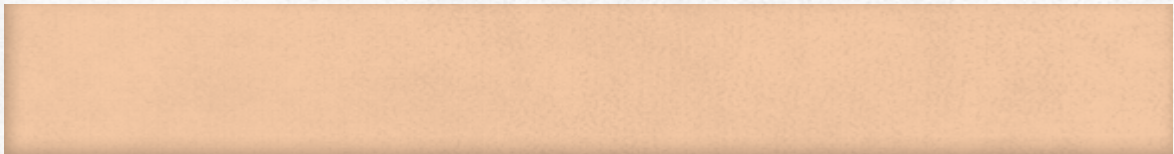
46. What life experiences do you think most develop or define someone's character?



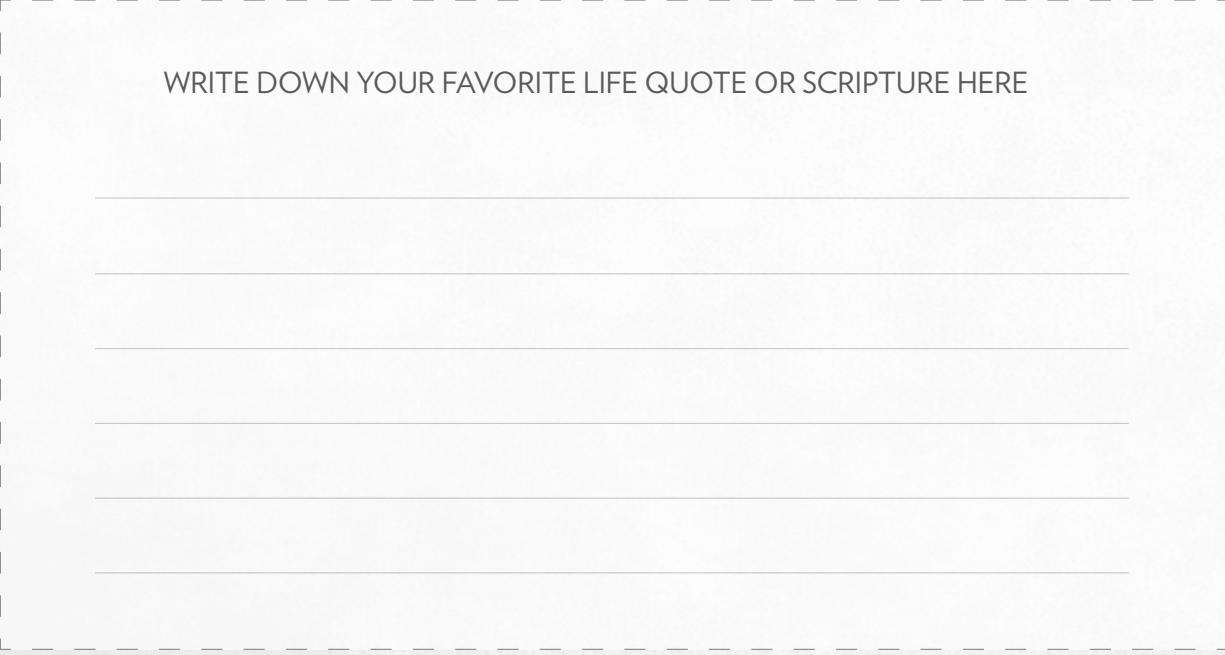
47. What advice did you get from your father or mother that you have continued to live by?



48. What are the biggest lessons you have learned as a parent?



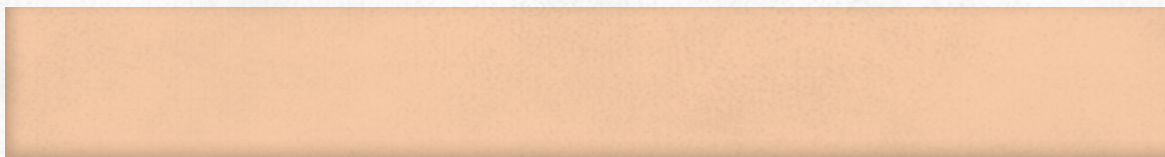
WRITE DOWN YOUR FAVORITE LIFE QUOTE OR SCRIPTURE HERE



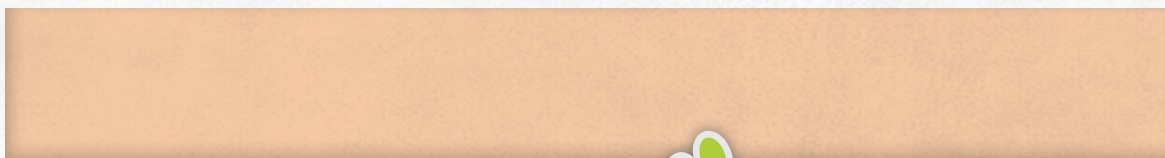


## LEGACY

49. What life lessons would you most like to share?




50. What do you hope to be remembered for?



PLACE A PHOTO OF YOU AT  
YOUR CURRENT AGE HERE







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