

# WRITING EXERCISES FOR WRITING YOUR FAMILY HISTORY LIFE STORY GUIDE

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The following questions may be used to document your own life story and/or to interview others about significant life events to gather, preserve and share precious memories, or to leave a legacy for future generations. The time to start writing your life story is now!

## **CHILDHOOD**

Talk about the home you remember most while growing up (for example, did you share a bedroom? Are there any smells that remind you of home?)

What games did you play as a young child (with whom did you play them?)

Were you responsible for chores around the house? If so, what were they?

How did you celebrate birthdays as a young child?

What holidays do you remember most as a child? How did you celebrate them?

## **FAMILY**

What do you remember about your parents? (Mother's kitchen, Father's garage, etc.)

What do you remember about your grandmother/grandfather?

Do you remember any other siblings being born into your family?

Do you remember getting into trouble for something you did? Describe the experience.

Do you have a favorite recipe that your mother or father made? That your spouse makes/made? Can you provide a written copy?

What did you do for entertainment at home? (games you played, radio, television, vacations, etc.)?

When did you leave home for the first time?

How did you meet your spouse/partner?

If you have children, what do you remember most about the day your first child was born?

## **SCHOOL**

Is there a teacher that stands out in your memory? Why? (Any grade)

What was your favorite subject or assignment in school? Least favorite? Why?

Were you involved in any school clubs, organizations or sports?

Did you ever get into trouble at school? Describe what you did and what consequences you faced?

Who was your best friend at school?

How many people were in your high school graduating class? Describe your graduation.

Did you pursue an education after high school? If so, where? If not, what did you do?

### **WORK**

What was your first paying job? How much did it pay?

When/how did you choose your career? Describe it.

When did you retire or when will you retire? Why?

What have you done (or what will do you plan to do) during retirement?

### **FAITH**

Do you go to church? Tell me about your church.

Does your family celebrate religious holidays?

What role did your parents and/or extended family play in your religious upbringing?

What do you remember about significant religious events in your life (baptism, marriage, funerals, bar mitzvah, etc.)?

### **FUN**

What did you do on Friday and Saturday nights as a teenager?

Did you date in high school? What was your most memorable date?

What was your first car?

What is your favorite movie and why?

Do you have any hobbies? What are they?

What was the BEST day of your life?

### **WORLD EVENTS**

What world or news event from your lifetime stands out the most? Why?

Do you remember where you were and what you were doing when?  
(Great Depression, JFK or Martin Luther King assassinations, Pearl Harbor, First Man on the Moon, Vietnam War, Space Shuttle disasters, September 11<sup>th</sup>?)

Who was your favorite and/or least favorite President and why?