



Dear Family Historian/Memoir Writer,

Firstly, thank you for your interest in this challenging and equally rewarding journey of capturing your memoirs and family's history for your loved ones to treasure and add to for generations to come.

There are many great reasons for capturing your family's history. According to a [study conducted by Emory University](#), it has been shown that the children who know about their family's history show higher levels of emotional wellbeing stemming from a stronger sense of identity.

Your memoirs are great for documenting:

- Where your family originates from
- Family traditions and culture
- Values and philosophies held by your family
- Your family's spiritual beliefs
- Contributions your family made to society
- Stories and lessons from your ancestors

The prompts below serve to jog your memory.

You may also wish to keep a daily journal to keep a record of recurring themes in your life to explore in your personal memoirs.

Thank you again for your generosity of spirit for undertaking this important task to enable greater intergenerational connection.

Enjoy!



Prompt Questions

- Where, when were you born? Was it in a hospital, home birth? Who was there? What was the day like and some of the news or headlines from your birthday?

- What do you remember about your parents? How many siblings did you have? What were their personalities like? How did you get along with them? Did your family give you a nickname? If so, how'd you get your nickname?

- What are some of your mothers' illness remedies and favourite dishes and recipes if you've got them?

- What are some family traditions you grew up with? What did your family do on holidays like Christmas or Easter or other celebrations?

- Where did you live throughout your childhood?



- Where did you go to primary school and high school? What were your favourite subjects, favourite teachers, heroes, role models and favourite TV/films/books/music?

- If you attended a place of worship, which one and did it have a strong influence on your life?

- What games or sports did you play and who with?

- Did you do chores around the house? Did you have any student jobs or paper routes to earn extra cash?

- Did you belong to Scouts, Guides, Youth group?

- Where did you go for family holidays? Beach, camping or gathered at relatives' houses?

- Where did you go to university? When? Degree? Major? Minor?



- Who were your best friends? Where did you meet them? Do you keep in touch with them?

- What was your graduation day like? Was there a special message you were left with on your graduation day?

- How did you meet your spouse? What was the first thing that attracted you to him/her?

- Where were the houses you lived in as an adult?

- What was your career and how did you choose it or get into it?

- How did your views change from your younger days to today? Political views, views on family, religion, society, etc...

- Who were the influential people in your life? Did you have a mentor?



- What were some of the cars you owned? Why did you choose that particular model/make/colour of car?

- What were some significant historical events you lived through? Chernobyl, Challenger, Cold War, World Wars, The Great Depression? Earthquakes? Floods? Fires? Family tragedy?

- What are some of your greatest achievements?

- Do you have children? How many? What are they like? What values are you passing on to them?
