



DOCUMENTING YOUR LIFE STORY

Use these questions to rekindle precious memories and stories, then document them for your loved ones.

You may even like to add questions or stories of your own.

Be as creative as you like. Your life story document could be a handwritten letter, on a computer, or even a video or audio recording.

When you are happy with your life story document, don't forget to share it with your family and friends, so that they may tell your story for years to come.

If nobody knows, they never will.

Tip

Our five senses and memories are linked. Remember sights, smells, tastes, sounds and feelings.

About me

What are your talents, hobbies or interests?
What is your favourite song or type of music?
How do they make you feel?
Who is your favourite sports team?
What is your best memory associated with them?
What are your greatest strengths?
What makes you laugh?
What are your worst habits?
Have you had any memorable holidays or trips?

My childhood

Where were you born? Can you describe the region or era in which you grew up?
Did you have any childhood pets?
What do you remember about your childhood home/s?
What were your favourite childhood foods?
What are your favourite childhood memories?
Which school did you go to and how did you get there each day?
What did you love or hate about school?
Are there any individuals – relatives, friends, teachers – who you remember fondly from childhood?
What life lessons did you learn from childhood?

My family and friends

How would your friends and family describe you?
What are your favourite family memories?
Who are your oldest or best friends? How did you meet?
How do your family and friends make you feel?
Are there any memories of family and friends that make you laugh?

My work

What aspects of your work do/did you enjoy the most?

What work-related achievement are you most proud of?

What was your first job?

What is your favourite memory about work?

(It could be funny, heart-warming, or inspirational.)

My romantic relationships

Who have been your most important romantic relationships?

If you have been married, what are your wedding memories?

If you have a partner or spouse, what do you admire most about them?

What is your funniest memory of them?

What advice would you give to people regarding love?

My later years

Where do you live now? What do you like the most about it?

Have you taken up any new hobbies, interests, or causes as you've gotten older?

Have you made new friendships in later life?

If you have retired, do you have retirement stories to share?

What advice would you give young people about growing older?

Final reflections

Do I have any other important memories I want to record?

Do I have any final messages for family or friends?

If you have experienced a long illness, what would you say to others living with similar conditions?

What makes you feel loved?

What gives you hope?

What are you most proud of?

How would you like to be remembered?

The Secrets I'm Glad I Shared

Name _____

Date: _____

Emotional will

(What memories or values would you leave behind?)

5 things I want to do before I die

1. _____
2. _____
3. _____
4. _____
5. _____

My Grief playlist

(Songs that bring you comfort)

☐
☐
☐

**Dying
to
Know**

I wish I'd said:

(Write a message to your past self)

Rituals that make me feel alive:

(Reflect on some small moments that ground you)
