



# Here's to ME!

## -Life-Span Stages-

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Memoir Questionnaire  
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## **Welcome Memoir Friend!**

This is a list of topics by “life-span” periods covered in most plans. Keep in mind, these memories are not required by, or available in ALL plans. This is due to the to each plan being generational, thus not all ages will have achieved each life-span section. Try to answer as many as you can, honestly, but remember there is a time limitation so keep answers short but do share details,

### **Topic - Personal Vitals:** *(example things to share)*

What is your full name?

When and where were you born, the time and at what hospital, or place?

What generation are you? (i.e. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, etc..)

Where did your family immigrate from?

### **Topic - Toddler Years:** *(example of things to share)*

Where were you living at about age 3 to 5?

Do you remember your first words?

Do you remember when you first started to walk?

Do you recall whom taught you to tie your shoes?

What was your favorite food, or special snack as a young child?

When did you get your first hair cut?

Did you have a favorite snack?

Did you have clothing, a hat, or shoes you loved as a child?

Did you go to church and were you baptized, or dedicated?

### **Topic - Family and Siblings:** *(example of things to share)*

Are your parents your biological parents and what are their names?

Where you or are you close to them?

Did you know your grandparents? What are their names? Are they alive?

Do you have brothers and sisters? If yes, name them and share a little about each.

Did your siblings share special sayings, songs, jokes, etc?

Tell us some of your favorite memories about your siblings.

Share special vacation spots, holidays, or events you recall with your siblings.

Did you have any family pets you remember most of all as a child?

Share an interesting fact, or information from your family history.

### **Topic - Relatives and Neighbors:** *(example of things to share)*

Growing up did you have any other relatives who lived with you? Who?

Describe the most interesting relative and why?

Who was the most colorful neighbor you recall and why?

Did anyone serve in the armed forces?

Was there any particular relative whom was a role model, or mentor as a child?

Do you have any cousins, uncles, or aunts you were close too as a child?

What are some of your neighborhood memories as a youth?

What are some of your fondest memories of your neighborhoods as a youth?

Where was your favorite place you lived as a child and why?

Do you ever return to your old neighborhoods? Where?

**Topic - School Days:** *(example of things to share)*

Did you go to pre-school or kindergarten? Where?

What was your favorite lunch at school?

-----elementary-----

Do you recall the elementary school you attended?

Who was your favorite teacher? Why?

What subject did you like in 'grade' school?

Do you have a memory that stands out from your grade?

Who were your best friends during grade school?

Did you take any inspirational field trips, or camps that were exciting to you?

-----junior high-----

What junior high school did you attend, when and where was it?

Who was your favorite teacher and why so?

What was your favorite subject in 'grade' school?

Do you have any on memory that stands out from your grade school days?

Who were your best friends during grade school?

Did you take any inspirational field trips, or camps that were exciting to you?

-----high-school-----

What high school did you attend, when and where was it?

Did you play sports, music, or do other things? What?

Who was your favorite teacher and why so?

What was your favorite subject in high-school?

Where you a good student? Your best GPA?

Do you have any on memory that stands out in high-school?

Did your school ever hold bonfires, or home coming? Did you go?

Who were your best friends during high school? Names.

Who was your first TEEN love crush? Did you date long?

Did you go to prom? Who did you go with?

Were there any inspirational field trips, or camps that were exciting to you?

Did you graduate high-school? When?

Any last stories you wish to share?

**Topic - Your College Years:** *(example of things to share)*

After high-school did you go to any colleges or vocational schools? Where?

What did you major in or study in college or vocational?

Where you in a fraternity? Share.

Did you focus on school or were you a party animal?

Any spring break memories? Where and share stories.

Did you play sports, do theater, music, or such?

What stands out the most about college days?

Who were your best friends in college? Do you still keep in touch?

Did you have a favorite professor? Why?

Did you work or intern anywhere during college?

How would you consider your overall experience in college?

Did you graduate?

What is the highest degree you obtained?

Do you feel it was worth the time, money and effort?

Do you wish you had done things differently, or studied a different field?

### **Topic - Career Days:** *(example of things to share)*

What age did you get your first job? Where and what did you do?  
Were any of those early jobs odd and if so, which was the strangest?  
Did your family own a business? What kind?  
As a teen where was your worst job and why?  
What kind of jobs did you have as a young adult?  
Do you recall a favorite boss as younger adult?  
Share some memories of those early jobs, co-workers, hours, places, etc...  
What is your trade, or career as an adult? Why did you pick that field?  
How did you get into your chosen field?  
Do you remember a unique boss as an adult? Why does that boss stand out?  
Are you satisfied with your chosen career, or occupation over the years?  
Are you currently employed in that field, or do you still work?  
Is there another field you wish you had chosen instead? What and why?  
Looking back what satisfaction did you get out of your work career?

### **Topic - Your Military Service:** *(example of things to share)*

What branch of the military did you serve?  
Where did you do basic training? When and where were you deployed?  
What was your first deployment, or military post?  
Did you see battle? If so, when and where?  
Do you remember any special drill instructors, or commanders?  
Did you join, or were you drafted into the military?  
What was your highest rank?  
Did you earn any awards or honors?  
Who were some of the characters you recall from those days?  
Share some memories of your time on leave, or in port, etc.  
What is your worst military memory?  
What is your favorite military memory?  
Did you lose any friends in the military?  
What is your opinion of the military today?  
Where were you discharged in good standing?  
Would you do it again if asked?  
How did that experience affect your life and views as you matured?

### **Topic - Marriage:** *(example of things to share)*

What age were you first married? To who?  
How did you meet? Did you date for long before?  
What attracted you to your spouse?  
Did you have children? How many?  
Did you get along with your parent-in-laws?  
What were some of your best memories?  
Have you been married more than once? To whom and when?  
How did you meet your other spouse(s)? Describe them.  
What have you learned from your marriage or other marriages?  
If divorced, do you have regrets, or anything you would have done differently?  
Do you wish you had married earlier, or later in life?  
What has marriage taught you about yourself?  
What wisdom would you share with younger relatives?

### **Topic - Children:** *(example of things to share)*

What are the names of your children? What are their ages today?  
Share a little about each child and what is unique about each.  
Did you ever consider adoption? When?  
Are any of your kids named after anyone? Why?  
Did you instill any good OR bad habits with your children?  
Were you a strict parent, or kind of laid back?  
Did you have curfews for your kids? Until what age?  
What did you find most challenging as a parent?  
What are your fondest memories with your kid(s)?  
Did you ever go on vacations? Where?  
Do you have anything you regret as a parent?  
What are some of your proudest moments as a parent?  
Did you lose any children before their time? How?  
What are your dreams and hopes for your children today?  
How has being a parent impacted your life?  
What wisdom might you share with your kids when they become a parent?

### **Topic - Grandchildren:** *(example of things to share)*

Name your grandchildren? Share a little about each.  
Which of them stands out the most? For what reason?  
Did you or are you raising any of them? Why?  
Do you see any of your own kids traits or characteristics in them? Who?  
How is your relationship with the grandchildren different from that of your own kids?  
Do you see your children parenting their kids like yourself in any ways? How?  
Can you recall any special memories that stick out most with them?  
Did you spend holidays with your grand kids? Which?  
Are there any special activities you enjoy doing with your grandchildren?  
Share any words with your grand children and life advice.

### **Topic - Yourself:** *(example of things to share)*

Share something no one knows about you.  
Did you overcome any unusual obstacles or hardships? (i.e. economic, physical)  
What is your general political view?  
Do you drink or smoke?  
Can you admit to being wrong?  
Is it easy for you to apologize?  
Are you a snow or beach person?  
Do you prefer long or short hair?  
Shorts or pants?  
Who has been the biggest influence in your life?  
Which of your personal characteristics are most proud of?  
What is your biggest regret in life?  
Are you satisfied with your body or looks?  
Do you identify with a certain animal? Why?  
Have you ever stood up for what a cause or belief? When?  
What type of pets do you like? Why?  
Have you had any serious surgeries? Why?  
What do you like to do for recreation?

Do you have a favorite Flower? What is special about it?  
What is your favorite food? Drink? Desert?  
Do you like structure in your life, or do you just take things as they come?  
What are you most afraid of?  
What are you the most ashamed of?  
What do other people do that turns you off?  
Who is your favorite celebrity?  
What is the weirdest dream you've ever had?  
What is your favorite book or author?  
Who is your favorite band or singer?  
What music can you NOT stand to hear?  
Do you have a trip that stands out most in your life?  
What are some of your favorite smells? What memory does it evoke?  
What is your favorite Color?  
What is your favorite Holiday? Why?  
If you could travel anywhere, where would you go and why?  
Which Season is your favorite? Why?  
Do you have a favored sports team? Who?  
Describe your wildest wish if you had one.

**Topic - Best Friends:** *(example of things to share)*

Who is your life-long best friend? How did you meet? Share.  
Are there other friends that you consider life-long friends? Share.  
Has any of your friends ever betrayed you? Did you forgive them and why?  
What life lesson have you learned from these friends?  
Which friend touched your life the most? Why?  
How do your best friends keep in touch over the years?  
Have any of your friends died? Share how that impacted your life.  
Have you had a falling out with a friend that you still regret?  
How do your friends factor into your life now?

**Topic - Holidays / Traditions:** *(example of things to share)*

Do you celebrate most of the traditional holidays? What kind? Share a little about those..  
Have you ever spent a holiday at another family's home, who celebrated different traditions?  
Did you or do you decorate the outside of your house at the holidays? When?  
Did you have a special party for a relative not a birthday party? What?  
Did you or do you take your children out for halloween?  
Are you big on birthday parties and celebrations? Share a few that stand out.  
Did you like a fake or real christmas tree?  
Did you decorate a menorah or other religious item in your home?  
What are some of your current family traditions, different from those as a child?  
Share some of your family celebrations and stories.

**Topic - Spirituality:** *(example of things to share)*

Are you a believer? If not are you agnostic or an atheist?  
Do you attend church? Where?  
What is your chosen religion or faith?  
Do you practice the same you were raised in, or have you changed?  
Talk about your conversion, or your commitment in remaining in your religion.

What do you like about your religion?  
Is there anything you dislike or would like to challenge about it?  
Describe your belief in God, or other spiritual being.  
If you have doubts, what are they?  
How do you feel about death?  
Are you a believer in the after-life?  
Do you think there is a hell?  
What are your personal feelings on heaven?  
What kind of burial do you prefer, grave or cremation? Why?

**Topic - Life Lessons:** *(example of things to share)*

Share the most important single moral you live by.  
What is the most valuable lesson you have learned?  
Who had the greatest mentoring impact on your life? Why?  
What is the biggest lie in life you found to be true?  
What is the most important message, or advice you'd like to pass to others?  
Which invention could you not have lived without? Why?  
What advice would you give to the "younger you"?  
If you had a coach, or teacher what advice did they give you that stands out?  
Looking back what was the best advice a parent gave you? Who? What?  
If you could do one thing different, what is it? Why?  
What tip would you give your own daughters?  
What tip would you share with your own sons?  
Share the single best lesson you learned from your mom and also your dad?

**Topic – Words of Wisdom:** *(example of things to share)*

Advice on....  
Morals...  
Charity...  
Business...  
Marriage...  
Family...  
Friends..  
Pets...  
Dating...  
Children...  
Investment...  
Alcohol...  
Drugs...  
Vacations...  
Sports...  
Honesty...  
Integrity...  
Respect...  
Community...  
Relationships...  
Education...  
Religion...  
Share additional "words of wisdom"...

**Topic - Final Words:** *(example of things to share)*

Share some final words to your friends and family.

This can be a personal thank you, apology, secret, story and any other things you have meant to say, but did not until today. Be open, honest and celebrate your life. The good bad and the ugly. After all, it is YOUR life-story.

Raise your glass and say: "Here's to ME!"

Thank you for letting me archive your life-story.

**Anthony Reece**

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