



REFLECTIONS

Memories you would like to make sure are kept forever

- What did you enjoy doing as a kid? Who were your friends? What did you do with your siblings?
- What did you learn from your parents? Grandparents?
- What birthdays do you remember?
- Did you have a favourite teacher(s)?
- What were some memorable holidays?
- Did you have pets?
- What were your favourite TV shows?
- Did you play sports?
- What was your first job?
- Your first car? When did you get your licence?
- Where did you meet your partner/husband/wife? How would you describe them to someone who doesn't know them?
- Did you have children? How did you choose their names?
- What was the best part about being a parent? What advice would you give to other parents?
- Did you have any grandchildren? What was the best part about being a grandparent?
- Did you have any notable hard times in your life? How did you get through the difficult times?
- What has been most important to you in your life?
- What would you change about your life?
- What were your biggest achievements?
- What was your favourite music/poem/saying?
- What is the secret to living a good life?
- What pearls of wisdom do you want to pass on?