

# A Life Review

## Childhood

- What are your earliest memories?
- Tell me about your childhood.
- Who took care of you? What were they like? Can you describe them?
- Did you have any brothers or sisters? What were they like? Can you describe them?
- Where did you live as a child?
- Tell me about your childhood home.
- What is your best memory of your childhood?
- What were the most important lessons you learned as a child?
- Were you considered wealthy, poor, or comfortable?
- What was your relationship with your grandparents like?
- What games and recreation did you like most?
- Describe some of your family traditions.
- What was your favorite toy?
- What was your school experience like?
- Did you have any pets?

## Adolescence

- What do you remember about being a teenager?
- What was your personality like during adolescence?
- What was expected of teenagers at the time?
- What school did you go to? What was it like? What level of education did you complete?
- Who were your closest friends?
- What was your relationship with your parents at this time?
- Was there anybody you especially admired? Did you have a Mentor or a Hero?
- Did you do any traveling during these years?
- What sorts of chores were you expected to do?
- When did you start dating?
- Can you remember your first date? Your first kiss?
- What was your first paying job? How much did you earn?
- What was the most unpleasant thing about being a teenager?
- What was the best thing about being a teenager?



## Adulthood

- What was your life like in your twenties and thirties?
- Did you marry?
- If yes, what attracted you to your partner?
- Did you have any kids?
- Do you remember your first car and learning to drive?
- What kind of person were you at this time?
- What did you like doing? Did you have any hobbies?
- How important was money at this time of your life?
- What kind of work did you do?
- Who were your closest friends at this time?
- What were the biggest challenges your family faced?
- What were the best times you experienced?
- What did you learn about marriage that you would share with others?
- Where did you live?
- What major historical events affected you most?
- Who has been the most significant president during your life?
- What were the biggest challenges you faced during your middle adulthood? How did it change your perspective on the world or the way you lived?
- What were the most significant joys of your life during your middle adulthood?
- What, if anything, would you change about this time?

## Older Adulthood

- Do you have any grandchildren? What are they like?
- What is the best thing about being the age you are now?
- Looking back, what are you most proud of?
- Do you have any regrets?
- What are your biggest successes?
- In what ways has your life met your expectations?
- Do you have a faith tradition?
- What were some of your “defining moments”?
- What words of wisdom or advice would you pass to your children or grandchildren?
- Is there anything about the “good old days” that you miss?



## General Questions

- If your house was on fire and you could save three things, what would they be?
- If you could talk to any person in history, who would it be? What would you talk about?
- What do you think are the secrets of a meaningful and happy life?
- What advice do you have for parents today?
- What advice do you have for teenagers today?
- What is the best advice you were ever given?
- What is the best advice you have given to someone else?
- If you could relive any day in your life, what would it be?
- If you could say something to your parents, grandparents, what would that be?
- Do you have any last message you would like to leave for your loved ones?

