

Memory Keeping Prompts

Use the questions below to help you record your history and memories. Incorporate your responses into scrapbook pages, or create one or more albums specifically for recording these details. Use these same questions to interview your spouse, children, parents, and other relatives to record their stories, too.

Parents

- What is your father's name? His nickname?
- Where was he born and raised? What did he look like as a child? How did he behave?
- What is your mother's name? Her nickname?
- Where was she born and raised? What did she look like as a child? How did she behave?
- What hobbies did your parents have as children? What jobs did they have as teens and young adults?
- How did your parents meet? When did they start dating?
- What is their proposal story?
- When and where did your parents get married?
- Where did your parents live as newlyweds?
- What were their professions?
- What are your childhood memories of your father? Of your mother?
- What memories do you have of your father from adulthood? Of your mother?

Childhood

- How were you named?
- Does your name mean anything?
- What did your siblings call you? Your parents? Your friends?
- What is your birth story?
- What did you look like when you were born?
- What did you look like as a toddler? What was your hair color? Did you have freckles? Were you tall or short, chubby or skinny?
- What did your family do together? Did you travel a lot?
- What are some stories about where you grew up? What was your house like? Your hometown?
- How many people lived in your house? Did relatives come to visit? Did they stay long?
- What is the very first thing you remember about your life?
- Did you have a favorite toy, game, or activity?
- Did you have electricity or use lamps? What appliances did you have? Did you have indoor plumbing?
- How were you disciplined?
- What kind of recreation did you enjoy?
- What was the weather like where you lived? Did you have any snow, humidity, earthquakes, tornados, or hurricanes?
- What were your best friends like?

- Where you ever teased?
- Did you ever get your teeth pulled? How was it done?
- Did you have any pets?
- Was your mother a good cook?
- Were you ever seriously sick?
- What did you want to be when you grew up?
- What holidays did you celebrate as a family?
- What classes or subjects do you remember from elementary school?
- What did you do at recess?
- Who was your favorite teacher?
- In grade school, what was the fashion for hair and dress? How were clothes different from today?
- What were your siblings like? When were they born? What were their hobbies and interests?
- As a child, did you have a close relationship with any of your grandparents? Did they live near you?
- Do you remember how much things cost when you were a child?

Teenage Years

- When you were a teenager, what did you look like?
- Did you take music lessons or learn to play a musical instrument?
- What is a talent that you learned from a family member?
- What was your junior high school like?
- What was the standard of dress for your junior high school? What fashion trends were most popular?
- What was your high school like?
- What was the standard of dress for your high school? What fashion trends were most popular?
- While attending junior high school and high school, what activities did you participate in?
- Do you remember your teachers?
- What household chores did you have to do? Did you get an allowance?
- What was your first job with pay?
- Who most influenced your thinking?
- Did religion play a part in your life?
- What was your first car like?
- Did you go to any concerts?
- When did you start dating? Who did you date?
- Tell the story of your first kiss.
- Tell the story of your first date.
- Did you ever get into trouble? How were you disciplined?

Adulthood

- Did you go to college? If so, how did you decide which college to attend? What was college like?
- What was your first job after high school or college?
- As an adult, what kinds of employment have you had?

- Are you retired?
- What are your hobbies? Have you learned how to do anything new?
- What are some of your favorite scriptures or inspirational quotes?
- Did you ever switch religions? If so, tell the story of your conversion to another religion.
- If married, how did you meet your spouse? How long did you date before you got engaged? How long were you engaged? How did your parents react to the news?

Marriage

- How did your spouse propose? How did you react?
- What day did you get married? What was your wedding day like?
- Where did you go on your honeymoon?
- What were you and your spouse doing after you got married? Were you working? Attending school?
- Where did you live as newlyweds?
- What was life like as a young married couple?
- What kinds of things did you and your spouse disagree about?
- Was it difficult adjusting to marriage? What was the biggest or hardest adjustment you had to make?
- Who did your siblings marry? What do they do now? Where do they live?

Children

- When and where were your children born? What was each delivery like?
- Where was your first house? What was it like?
- What was the weather like where you lived? Did you have any snow, humidity, tornados, hurricanes?
- What did you do together as a family?
- What holidays did you celebrate as a family?
- Where did your children grow up? Did you move? Describe the home or homes you lived in?
- Tell a story that typifies you as a mother.
- What did you and your spouse do differently than your parents?
- What are your family jokes? What are the family stories you tell again and again?
- When and where did your children get married?
- Do you have any grandchildren? What are their birthdays?
- What has been your greatest joy from being a grandparent?

Ancestors

- Where are your ancestors from? What were their names? What were their professions? Are there any stories about these ancestors?
- Does your family have an immigration story? What is it?
- Who were your maternal and paternal grandparents? What were they like?
- Does your last name mean anything? Has it changed over time?