

150 Life Story Questions

from the

Daily Writing Challenge



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YOUR LIFE. IN A BOOK.™

INTRODUCTION

In 2016, we launched a challenge for anyone who had an interest in recording their life stories: to develop a daily writing habit.

The challenge was to write about your life for at least 15 minutes a day, five or more days a week.

WHY ONLY 15 MINUTES?

- Because it's 15 more minutes than you've been writing lately, which is zero minutes.
- You will be surprised at how much you can write in 15 minutes.
- If you write for 15 minutes, 5 days a week, for a year, that's 65 hours of writing. Fifteen minutes a day is much less painful than spending your a week's vacation chained to a writing instrument, trying to get it all done at once.
- Small doses overcomes the subconscious resistance *some* of us have to doing anything that feels like work. Seriously, you can stand anything for 15 minutes. And after the first minute, you are reminded that it's actually fun.
- Finally, evidence: we have noticed that our clients who have successfully completed a project with the least amount of stress did so by making consistent small daily efforts.

To those who joined our 2016 challenge, we sent daily writing prompts. Now that the challenge is over, we thought these prompt questions would be helpful for review, or to start afresh if you are just joining us now.



THE RULES

- Just kidding—there are no rules, really. This challenge is just for your benefit. Jump in and drop out as it suits your life. But if you commit to the process, even imperfectly, you will accomplish *something*.
- Don't like one of the questions? Skip it. Not everything in these questions will fit your life or circumstances. Pick another question, or write about whatever comes to mind.
- You don't have to stop after 15 minutes if you don't want to! If the words are flowing, keep going!
- Not so fond of writing? Grab a recorder and tell a story instead. (Please make sure to back up your audio files!)
- Most importantly, don't judge yourself. Don't edit. Don't worry about grammar, or accuracy, or what your mother will think. Just write. You can make revisions later before you share it with anyone.

Best of luck and happy writing!!



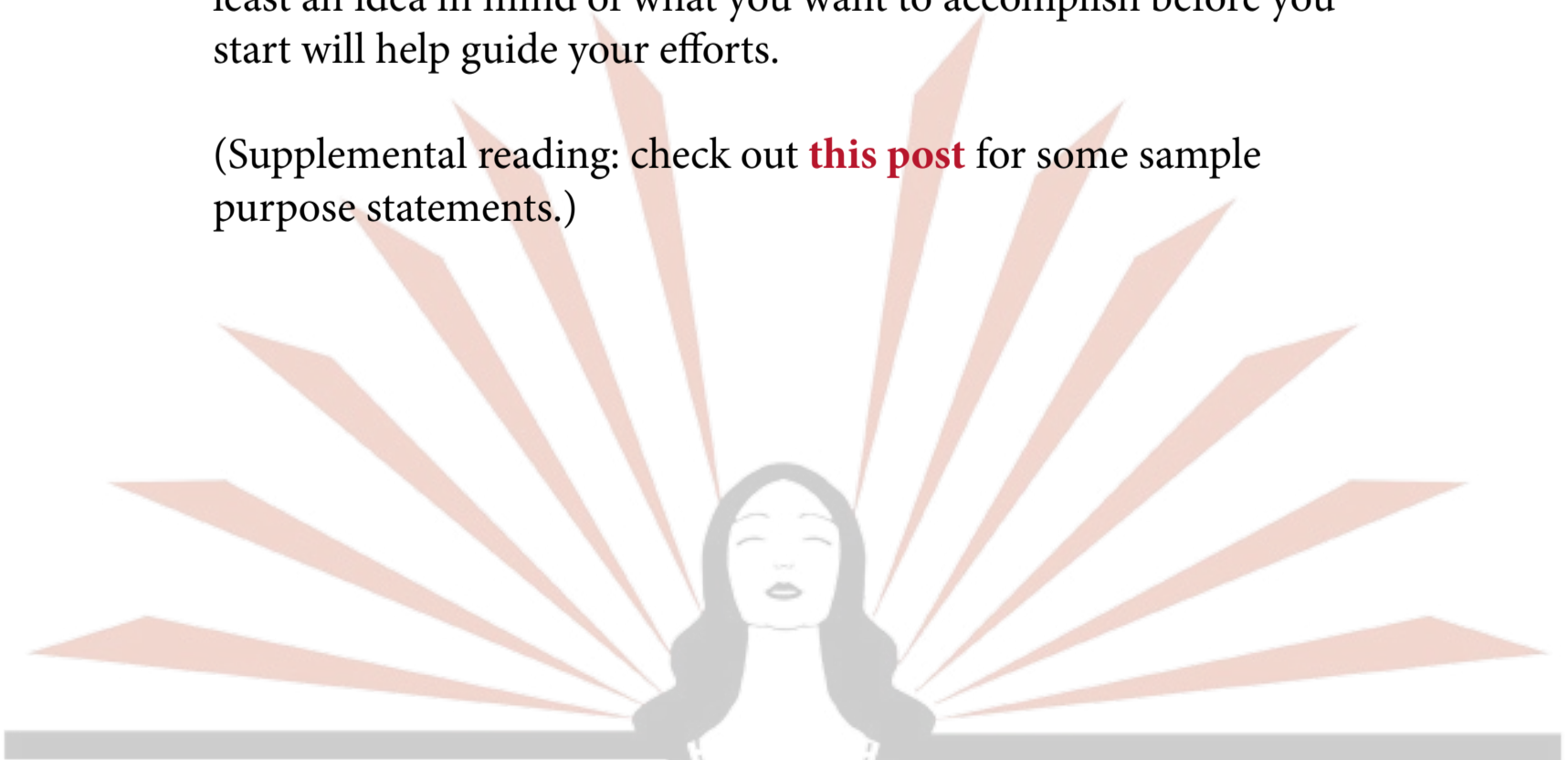
TASK: WRITE A PURPOSE STATEMENT

Take a few minutes to think about why you want to write your life stories. Then grab a sheet of paper (or other chosen method) and answer the following questions:

- Why do you want to write these stories? What do you hope to accomplish? You may want to pass wisdom to your children, or inspire your descendants not yet born. You might want to set a story straight, or get some emotions out on paper, or just gain some insight into yourself. Whatever your reasons, write them down.
- Who are you writing them for? Who do you hope will eventually read your stories? Your progeny? Friends? The general public? Or just yourself?
- What scope of time or experience do I want to cover? Do you want to give an overview or highlights of your whole life? Or focus on a particular time period (childhood, war years), relationship (grandmother, significant other), or experience (battle with cancer, humanitarian mission)?

Your purpose may change as you write. That's okay. But having at least an idea in mind of what you want to accomplish before you start will help guide your efforts.

(Supplemental reading: check out [this post](#) for some sample purpose statements.)



TASK: CHOOSE A RECORDING METHOD

Take a few minutes to think about how you want to record your stories. What feels most comfortable to you? Feel free to try out various methods and pick what works best for you. Here are some methods to consider:

- Paper and pen or pencil
- Computer with word processing software
- Tablet or smartphone with Evernote, One Note, or other note-taking software
- Digital voice recorder
- Dragon Naturally Speaking speech-to-text software

Also, give some thought to your schedule. Will you do better writing the same time every day? Or do you want to try to fit it in whenever? It's up to you.



TASK: CREATE A LIFE TIMELINE

Before you start writing stories, it will help you immensely to set up a life timeline. (You don't need to have it all filled in before you begin writing, but setting it up will give you a container for story ideas.) Your timeline will be separate from whatever method you have chosen to do your writing, and it will be an important tool. Your timeline should be portable—a small separate notebook or note-taking app on your smartphone that you can keep in your pocket or purse. (I use Evernote on my smartphone.) Your timeline is the catch-all for story ideas that come to you at random times. It's important to capture these memories when they come, so keep it handy!

Here's how to create a lifeline:

- Divide your life into loose segments. They can be decades, or life milestones such as infancy/young childhood, elementary school, high school, etc.
- Write a segment title on the top of each section of a notebook, or create a folder in your note-taking app if you're using a device.
- When a memory comes to you—while you're writing, at work, or walking the dog—take a few seconds to jot it down in the appropriate section of your notebook. Just word or two will suffice to jog your memory later.
- If you have a few minutes left, start jotting down what you can remember on your timeline.

Supplemental reading:

[How to Capture Story Ideas on a Life Timeline](#)



CHALLENGE

1

WRITE ABOUT YOUR NAME

Some thoughts:

How did your parents come to name you?

Is there a story attached to your name?

Does it have a meaning?

How do you feel about your name?

Do you wish you had a different name?



CHALLENGE

2

THE MOST IMPORTANT TURNING POINT

What was the most important turning point
in your life?

Describe what happened, what it meant, and how
you felt about it.



CHALLENGE

3

WHO HAS INFLUENCED YOU THE MOST?

Who in your life has had the most influence on you?

Why?

How have you changed as a result of your
experience with this person?



CHALLENGE

4

THE FUNNIEST THING

Write about the most hilarious thing that has ever happened to you.
Was it funny at the time, or only in retrospect?



CHALLENGE

5

YOUR EARLIEST MEMORY

Write about your earliest memory.

What do you see?

How old do you think you were?

Was it an event or just a mental “snapshot?”

Does it have any particular meaning to you now?



CHALLENGE

6

ONE PERFECT DAY

Think about one day in your life that was perfect, or nearly so.

What happened?
What made it a good day?
Did that day influence you in some way?
What did you learn from it?



CHALLENGE

7

THE SCARIEST THING

Write about the most frightening thing that has ever happened to you, or the scariest moment in your memory.

What lasting effects did it have on you, if any?



CHALLENGE

8

LOST

Write about a time when you were lost.
Were you geographically lost, or existentially lost?
Or perhaps both?
How did you get out of the situation?
What did you learn from it?



CHALLENGE

9

FIRST LOVE

Write about the first time you fell in love.



CHALLENGE

10

BULLIES

Have you ever had an encounter with a bully?
Were you the victim, the protector,
or perhaps even the bully?
Write about what happened and
how it affected you.



CHALLENGE

11

YOUR MOTHER

Describe your mother.
What did/does she look like?
What were/are her personality traits, quirks,
characteristics?
How are you like or unlike her?



CHALLENGE

12

YOUR FATHER

Describe your father.
What did/does he look like?
What were/are his personality traits, quirks,
characteristics?
How are you like or unlike him?



CHALLENGE

13

UNASKED QUESTION—PARENTS

What do you wish you knew about your parents that they never told you?



CHALLENGE

14

PATERNAL GRANDPARENTS

Do you remember your father's parents?
Describe them, and your relationship to them.



CHALLENGE

15

MATERNAL GRANDPARENTS

Do you remember your mother's parents?
Describe them, and your relationship to them.



CHALLENGE

16

UNASKED QUESTION—GRANDPARENTS

What do you wish you knew about your grandparents or other ancestors that they never told you?



CHALLENGE

17

MOST ECCENTRIC RELATIVE

Do you have an eccentric relative?
Relate a story about him or her.



CHALLENGE

18

CHILDHOOD HOME

Write about your favorite childhood home.

Where was it?

What did it look like?

Describe the smells, sounds, and textures in the home.

What was your room like?

What was the best thing about it?

The worst?



CHALLENGE

19

BEST CHILDHOOD FRIEND

Who was your best friend in your younger childhood years? Write about that person.



CHALLENGE

20

CHILDHOOD HIDEOUT

Did you have a hideout or special place as a child?
Was it secret, or did you share it? Write about it.



CHALLENGE

21

PROUDEST CHILDHOOD MOMENT

What was your proudest moment in your childhood?



CHALLENGE

22

CHILDHOOD PRANKS

Did you ever play tricks or pranks on your family or friends in your childhood or youth?
What was the best/worst prank?
Were there any consequences?



CHALLENGE

23

FAVORITE BOOKS

What were your favorite books growing up, and why?
How did the books you read influence you?



CHALLENGE

24

THE HOOD

What was your neighborhood growing up like, or neighborhood(s) if you moved?

Was it social, or did you feel isolated from your neighbors?

Did you have a neighborhood hangout?



CHALLENGE

25

PLAYMATES

Did you have a best friend as a child?
Or more than one?

Who were your best playmates and what did you do
together?



CHALLENGE

26

MOVIES

What was the first movie you ever saw?
What were some of your other favorite movies
growing up?
Favorite actors/actresses?
Why were they your favorites?



CHALLENGE

27

ATHLETICS

What were your first athletic experiences?
Community night games? Little league? Gym class?
How did you feel about sports in general?
Were you good at athletics or was it hard for you?



CHALLENGE

28

HOLIDAY TRADITIONS

What holiday traditions did your family celebrate when you were growing up?

Were there special foods or rituals involved?

Have you continued any of those traditions in your adult life?

Were holidays happy times or stressful times in your family?



CHALLENGE

29

YOUR HOMETOWN

Do you have a “home town?”

What was life like in the city or town in which you
grew up?

Or did you move around in your youth? Describe an
experience.



CHALLENGE

30

FAVORITE FOODS

What were your favorite foods growing up?
Who cooked for you, and how was it?
Did your family grow any food?



CHALLENGE

31

IN TROUBLE

Describe a time when you got in trouble, or got caught doing something you were told not to.



CHALLENGE

32

SCHOOL DANCES

Did your school have dances or did you ever take dancing lessons?

What was that experience like?

Did it help or hurt your social life as a youth?



CHALLENGE

33

POCKET MONEY

How did you earn spending money as a child?
Or did you have to work to help support your family?
When you had pocket money, how did you spend it,
or did you save it instead?

How have your childhood experiences with money
affected your finances as an adult?



CHALLENGE

34

SIBLINGS

Describe your sibling(s).
Which one was most like you, which one was least
like you?
Which did you get along with the most/least?
What have you learned from your siblings?



CHALLENGE

35

YOUR ENVIRONMENT

Describe the sounds and scents of your childhood environment.

Did you wake up to the smell of brewing coffee, or fall asleep to the muffled sounds of your parents' conversation in the next room?

What about your school, your outside play areas, your friends' homes?



CHALLENGE

36

WHEN I GROW UP

What did you want to be when you grew up?
Did your ideas change from younger childhood to
older childhood?
Did your childhood dreams affect your adult choice
of career?



CHALLENGE

37

FAVORITE TEACHER

Who was your favorite teacher in school?
Why was he/she your favorite?
What is the most important lesson you learned?



CHALLENGE

38

HISTORICAL EVENTS

What historical or political events do you remember most clearly during your childhood/youth years? (Pearl Harbor, assassination of President Kennedy, 9/11?) How did they affect you?



CHALLENGE

39

DISASTER

Do you remember any disasters such as fires, floods, hurricanes, tornadoes, blizzards? How did they affect you and your family?



CHALLENGE

40

FAMILY VACATIONS

Did your family go on any vacations?
Describe what that was like for you.



CHALLENGE

41

FASHION

Did you have a favorite outfit or piece of clothing in your childhood or youth?

Why was it your favorite?

Did the clothing you wore when you were growing up have an influence on your life in some way?



CHALLENGE

42

ANIMAL

Tell a story about a favorite (or least favorite) animal in your young life.



CHALLENGE

43

PET PEEVES

Was there anything that really bugged you in your childhood or youth? How did you deal with it?



CHALLENGE

44

MOVING

Did your family ever move during your childhood or youth? How did you feel about the move(s) and how did moving affect you?



CHALLENGE

45

RELIGIOUS BELIEFS

Did you have any religious or spiritual beliefs in your childhood/youth?
What experiences did you have that led you to those beliefs?
Have your beliefs changed since then?



CHALLENGE

46

MUSIC

Did you learn to play a musical instrument?
If so, did you enjoy it?
How good did you get, and do you still play it now?
Did learning about music influence you in any other way?



CHALLENGE

47

ILLNESS OR INJURY

Did you or someone close to you have any experience with a serious illness or injury? Describe what that was like.



CHALLENGE

48

DEATH

In your youth or childhood, did you experience a death (of a loved one, or a favorite pet)? How did that experience affect you?



CHALLENGE

49

PERFORMING

What was the first time you recall speaking or performing in public? Were you terrified, or did someone have to pull you off the stage with a cane? How do you feel about it now?



CHALLENGE

50

ADOLESCENCE

Overall, how would you describe your adolescence?
Was it a difficult time for you, or full of fun and
adventure?



CHALLENGE

51

MOST EMBARRASSING

What were you most embarrassed about as an adolescent? What do you think about that now?



CHALLENGE

52

PASSIONS AND IDEALS

What were you most passionate about as a teenager? Did you have any strong religious, political or social justice ideals? Or were you obsessed with a celebrity, hobby, or sports team? How did this passion influence your life?



CHALLENGE

53

ADMIRATION

As an adolescent and young adult, who, out of your friends/family/acquaintances did you admire the most and why? Who did you admire in the public arena and why? How did these people influence your later life?



CHALLENGE

54

INDEPENDENCE AND RESPONSIBILITY

As an adolescent and young adult, how did you learn independence and responsibility? What lessons did you learn that you carried with you into your adult life?



CHALLENGE

55

ENTERTAINMENT

In your teen years, what did you do for entertainment? Who did you do it with? Do you have any regrets about what you did?



CHALLENGE

56

TRANSPORTATION

How did you get around when you were a teen? Did you borrow your parents' car or have your own? Take the bus? Ride a horse? Describe a memorable incident.



CHALLENGE

57

SCHOOL SUBJECTS

What were your favorite school subjects in junior high/
high school? What was your least favorite?



CHALLENGE

58

CLIQUEES

Were there “cliques” in your school? Did you identify with any of them? How did the social hierarchy of school affect you?



CHALLENGE

59

FIRST JOB

What was the first paying job you ever had? What did you learn from it?



CHALLENGE

60

FIRST KISS

Describe your first kiss.



CHALLENGE

61

BEST FRIENDS IN YOUTH

Who were your best friends in junior high/high school?
Were they different than the friends you had in
childhood? Did your friends help you or hinder you,
and why? Do you still keep in touch?



CHALLENGE

62

GENERATION GAP

What was your relationship with your parents like when you were a teen?



CHALLENGE

63

TEEN SIBLINGS

What were your relationships like with your siblings when you were a teen?



CHALLENGE

64

FUTURE DREAMS

In your adolescent years, what were your hopes and dreams for your future? How do you feel about those ambitions now? Did you fulfill any of your dreams as an adult?



CHALLENGE

65

THE HARDEST PART

What was the hardest part about growing up, or the hardest thing you had to go through in your childhood/adolescent years? What did you learn from it? How did it shape your character?



CHALLENGE

66

THE BEST PART

What was the best part about your growing up years?



CHALLENGE

67

DATING PHILOSOPHY

What rules or philosophy did your parents and/or faith tradition have about dating? What advice or instruction did you get regarding romance and relationships? How did that affect you?



CHALLENGE

68

DATING ADVICE

What dating/relationship advice would you give to a young person now, based on your experience? What makes you feel this way?



CHALLENGE

69

LEAVING HOME

When and under what circumstances (college, mission, marriage, military, job?) did you leave home for the first time? How did you feel about leaving home? How did your family feel about it?



CHALLENGE

70

COMING OF AGE

Was there a particular event that marked your becoming an adult? What was it, and how did you feel about it?



CHALLENGE

71

SECONDARY EDUCATION

What were your goals regarding secondary education? Did you achieve them? If so, how? If not, why not? Do you have any regrets about your education or lack thereof?



CHALLENGE

72

MILITARY SERVICE

Did you serve in a war or render military service? If so, list a few stories or events that you may want to write more about later. If not, did anyone close to you serve in the military? How did it affect you?



CHALLENGE

73

A CHANGING WORLD

How has the world changed since you were young?
What is better? What is worse and why?



CHALLENGE

74

COLLEGE DAYS

If you went to college or university, take this time to list a few memorable events of your time in college that you might want to write more about later. If you didn't attend college, then you can pick another topic from the archive or write about why you didn't go and how you felt about it.



CHALLENGE

75

COLLEGE TEACHER

Was there a college teacher or professor who had a particularly strong influence on your life? How and why?



CHALLENGE

76

EDUCATIONAL ADVICE

What advice or wisdom would you like to share to others about education? What did you learn from your educational experiences that was especially valuable?



CHALLENGE

77

COMMUNITY SERVICE

In your youth or young adulthood, did you do some kind of substantial community service, such as an Eagle project, a humanitarian trip, or religious or service mission? What did you learn from the experience? If it was lengthy, you may want to jot down several memorable incidents to expand upon later.



CHALLENGE

78

CAREER

How did you get into your current career or line of work? Was it planned or unexpected?



CHALLENGE

79

BEST JOB

What was the best job you've ever had and why?
What was the worst job? What did you learn from
each?



CHALLENGE

80

CAREER CHANGES

What career or job changes have you experienced?
What were the reasons behind the change and how
did it affect your life?



CHALLENGE

81

WORK CHALLENGES

What have been the biggest challenges in your work life? How did you solve or overcome those challenges?



CHALLENGE

82

CAREER REDO

If you could go back and change any of your career choices, what would you change and why? If you could choose a different career in a theoretical “alternate universe,” what would you be?



CHALLENGE

83

ECONOMICS

What economic fluctuations have you experienced in your life? How did they shape you?



CHALLENGE

84

FIVE CAREER STORIES

Jot down (in just a few words each to remind you) five of the best or most important stories from your career or working life.



CHALLENGE

85

MENTOR

Did you have a mentor or mentors in your career or work life? What did you learn from them? Have you mentored someone?



CHALLENGE

86

FINANCIAL ADVICE

What advice would you give about finances (saving, investing, habits, etc.), based on your own experience and successes/failures? Did someone give you financial advice at some point? If so, how did it affect your life?



CHALLENGE

87

DISCRIMINATION

Have you experienced any discrimination in your career or workplace(s)? If so, how did it affect you and how did you deal with it?



CHALLENGE

88

FAMILY VALUES

What beliefs or attitudes regarding marriage and family were expressed by your family of origin? What of those have you held on to—or let go of—and why? How have their ideas influenced your own marriage or family experience?



CHALLENGE

89

HOW WE MET

Tell the story of how you met your spouse or partner.



CHALLENGE

90

FAILED ROMANCE

Describe a romantic relationship you had that didn't last. What happened? What did you learn from it?



CHALLENGE

91

INITIAL ATTRACTION

What was it about your spouse/partner that first drew you to him/her? Was your attraction immediate, or did it grow over time?

130. How did your courtship with your spouse/partner proceed and how did you get to know one another better?



CHALLENGE

92

COURTSHIP

What kind of things did you and your future spouse/
partner do together during your courtship?



CHALLENGE

93

PROPOSAL

Describe your marriage proposal. What was said?
Where did it happen? How did you feel?



CHALLENGE

94

ENGAGEMENT

How long was your engagement period? What did you learn about each other during this time? Was it blissful or stressful and why?



CHALLENGE

95

MARITAL ADJUSTMENTS

What did you and your future spouse have the hardest time getting used to? What were your most challenging differences?



CHALLENGE

96

FAMILY, FRIENDS, AND SPOUSE

How did your family and friends react to your spouse?
Did that change after your marriage or over time?



CHALLENGE

97

WEDDING DAY

Describe your wedding day. Did everything run smoothly, or was there a glitch or two? Was it big or small? Who was there? What did you wear? How did you feel on your wedding day?



CHALLENGE

98

SPOUSAL QUALITIES

What are the qualities of your spouse that you appreciate most?



CHALLENGE

99

SPOUSAL CHALLENGES

What are the qualities of your spouse that are the most difficult for you?



CHALLENGE

100

FIRST MARRIED HOME

Describe the first place you lived together as a couple. What memories do you have of that place?



CHALLENGE

101

FIRST FIGHT

What was the first fight or argument you recall having with your spouse/partner? How did you resolve it?



CHALLENGE

102

NEWS OF FIRST CHILD

Describe how you felt when you found out you were going to have your first child.



CHALLENGE

103

FIRST CHILD IS BORN

Describe the day your first child was born. Did anything unusual happen? How did you feel?



CHALLENGE

104

NAMES OF YOUR CHILDREN

Record the names, birthdates, and birthplaces of each of your children. How did you come to pick each child's name?



CHALLENGE

105

FAVORITE THING ABOUT EACH CHILD

What is your favorite thing about each of your children?



CHALLENGE

106

BIGGEST CHALLENGE WITH EACH CHILD

Describe the biggest challenge you have had with each of your children.



CHALLENGE

107

TRADITIONS

What family traditions did you observe in your family of origin? What, if any, of those traditions did you continue with your own family?



CHALLENGE

108

CHILD REARING PHILOSOPHY

What are/were your beliefs or philosophies regarding raising your own children? How did it differ from the way you were raised?



CHALLENGE

109

MEMORABLE FAMILY VACATION

What was your most memorable family vacation or trip and why?



CHALLENGE

110

PROUDEST PARENTAL MOMENT

What was your proudest moment as a parent?



CHALLENGE

111

HEARTBREAKING PARENTAL MOMENT

What was your most heartbreaking or difficult moment as a parent?



CHALLENGE

112

TEACHING MOMENT

Describe a “teaching moment” you experienced with one of your children.



CHALLENGE

113

FAVORITE FAMILY ACTIVITIES

What did your family like to do together? Describe some of your favorite family activities.



CHALLENGE

114

CHILD REARING DO-OVER

If you had it to do over, what would you do differently in raising your children?



CHALLENGE

115

MINI-ME

In what ways are your children like you? In what ways are they like your spouse? In what ways are they unlike you or your spouse?



CHALLENGE

116

CAREER STORY #1

Back in challenge 84, you jotted down reminders of five stories from your working/career life. Today's challenge is to pick one of those events and write it in more detail. Why was this event memorable?



CHALLENGE

117

CAREER STORY #2

Back in challenge 84, you jotted down reminders of five stories from your working/career life. Today's challenge is to pick one of those events and write it in more detail. Why was this event memorable?



CHALLENGE

118

CAREER STORY #3

Back in challenge 84, you jotted down reminders of five stories from your working/career life. Today's challenge is to pick one of those events and write it in more detail. Why was this event memorable?



CHALLENGE

119

CAREER STORY #4

Back in challenge 84, you jotted down reminders of five stories from your working/career life. Today's challenge is to pick one of those events and write it in more detail. Why was this event memorable?



CHALLENGE

120

CAREER STORY #5

Back in challenge 84, you jotted down reminders of five stories from your working/career life. Today's challenge is to pick one of those events and write it in more detail. Why was this event memorable?



CHALLENGE

121

CAREER REGRETS

Do you have any regrets about your career or work life? What would you have done differently and why?



CHALLENGE

122

FIRING LINE

Have you ever been fired from a job? Or have you ever had to fire someone? How did either experience affect you?



CHALLENGE

123

BOSSSES

In your career or work life, who was the best boss you ever had and why? Worst boss?



CHALLENGE

124

AWARDS

Have you received any awards or accolades? What was the nature of them and how did they affect you?



CHALLENGE

125

FAVORITE CO-WORKER

Who was/were your favorite co-worker(s) and why?
Describe a memorable experience.



CHALLENGE

126

RETIREMENT PLANS

What are your plans and dreams for your retirement?
If you are already retired, how do you feel about
being retired? How do you spend your time?



CHALLENGE

127

BUCKET LIST

What is on your “bucket list” that you haven’t accomplished? (In other words, what are some things you’d like to do before you die?)



CHALLENGE

128

REMEMBERED FOR

What would you like to be remembered for?



CHALLENGE

129

KINDRED SPIRITS

Who are the soul mates or kindred spirits in your life?
What is the nature of your connection with them?



CHALLENGE

130

VIOLENCE

Have you ever been the victim of an act of violence?
How did that affect you? Have you recovered, and if
so, how?



CHALLENGE

131

TECHNOLOGY

What do you think have been the most significant inventions or technological advances in your lifetime? What of those has specifically affected your life the most and why?

1



CHALLENGE

132

PERSONALITY

What personality traits run in your family? What traits do you feel you've inherited?



CHALLENGE

133

BIASES

What biases or prejudices have you held and where do you think they came from? Do you still feel the same way now?



CHALLENGE

134

PERSONALITY CHANGE

Has your personality changed in any way since you were young? In what way has it changed, and are you happy or unhappy about the change?



CHALLENGE

135

ASHAMED

What are/were you most ashamed of?



CHALLENGE

136

PET PEEVES NOW

What are your pet peeves—the things you find most annoying—and why?



CHALLENGE

137

SILLY FADS

What have been some of the the silliest fads in your lifetime?



CHALLENGE

138

COMPETITION

Have you ever won a competition of some sort? How did you prepare and what circumstances led to your win? How did you feel afterwards?



CHALLENGE

139

POLITICAL BELIEFS

How have your political beliefs evolved in your lifetime? Have you changed your mind on any political or social issues, or have your politics remained consistent? Why?



CHALLENGE

140

SPIRITUAL EVOLUTION

How have your spiritual beliefs evolved over your lifetime? Why?



CHALLENGE

141

GREATEST STRENGTHS

What do you feel are your greatest strengths and why? What do you think others would say are your greatest strengths? Are they the same or different?



CHALLENGE

142

GREATEST WEAKNESSES

What do you feel are your greatest weaknesses?
Have they changed or improved over time? How
have they affected your life?



CHALLENGE

143

ADDICTIONS

Have you ever had a problem with substance abuse or addiction, or been close to someone who has?
How has it affected your life?



CHALLENGE

144

TRAVEL

How has travel played a role in your life? Write about a memorable travel experience.



CHALLENGE

145

GREAT PERSON

Who do you think is a truly great person, and why?
How has this person influenced your life, either
directly or indirectly?



CHALLENGE

146

CONVERSATION WITH FAMOUS PERSON

If you could have a conversation with a famous person or historical figure (alive or deceased), who would it be and what questions would you ask them?



CHALLENGE

147

FOOD

What are your attitudes about food? How did your family influence your eating habits, and have they changed over time? Do you have any fears or frustrations with the issue of food?



CHALLENGE

148

FUNNY BONE

Write about your sense of humor. Who in your family influenced you in that way? What kinds of things do you find funny? What is the funniest thing you've ever witnessed?



CHALLENGE

149

COMMUNITY SERVICE NOW

Have you been involved with some kind of service to your community? How has that affected you and what have you learned from your experiences with your community?



CHALLENGE

150

SIX-WORD MEMOIR

Write a statement that describes your life using exactly six words.



CONCLUSION

Congratulations! Hopefully these questions have helped jog memories for you to capture. If you have even answered and recorded even a few of these questions, you've accomplished more than most people ever get around to. Now that you have some rough stories begun, you can decide to leave them as is, or polish or add to them as you see fit.

For more ideas on what to do with your stories, visit our blog at www.picturesandstories.com for articles and links to instructional webinars. Here are a few articles that might be helpful:

[Three Steps to Writing a Story about Your Life](#)

[The Low Hanging Fruit Method of Autobiographical Writing](#)

[Five Ways to Stay Sane While Writing Your Life Stories](#)

[How to Tell the Ten Best Stories of Your Life](#)

[Gathering Stories at Family Gatherings](#)

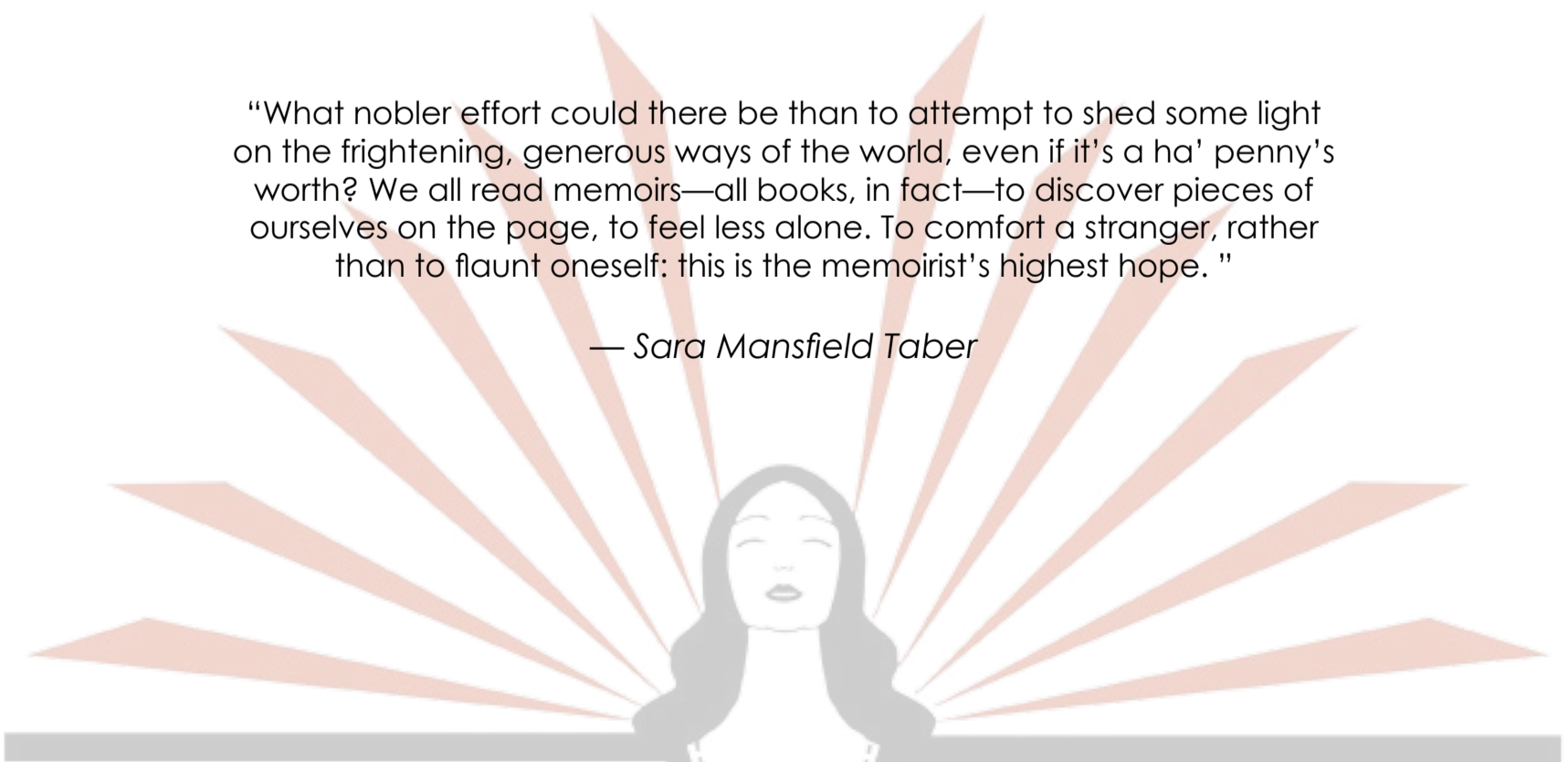
[Use Evernote to Write a Memoir](#)

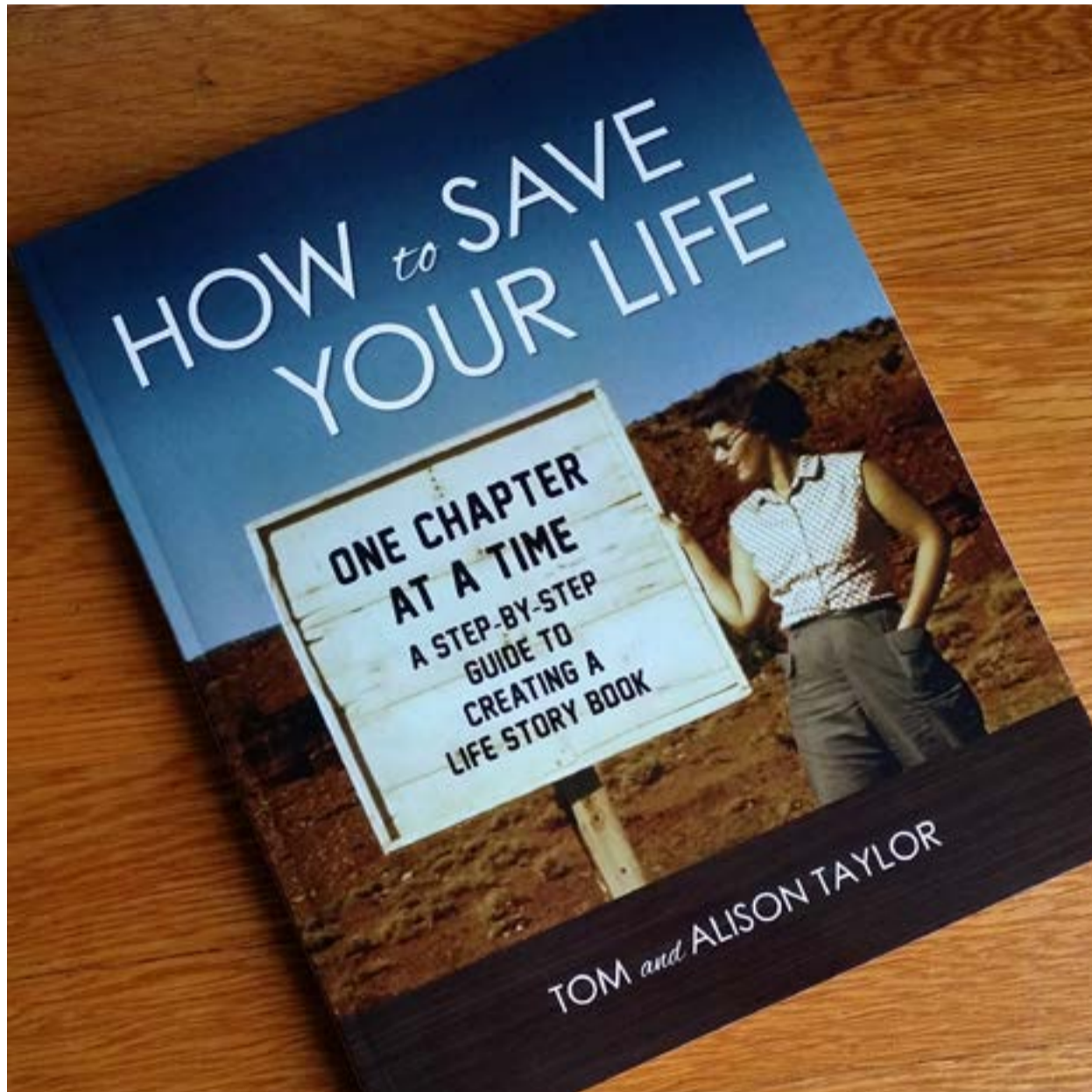
Or check out our how-to book,

[How to Save Your Life, One Chapter at a Time](#)

“What nobler effort could there be than to attempt to shed some light on the frightening, generous ways of the world, even if it's a ha' penny's worth? We all read memoirs—all books, in fact—to discover pieces of ourselves on the page, to feel less alone. To comfort a stranger, rather than to flaunt oneself: this is the memoirist's highest hope.”

— Sara Mansfield Taber





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