

# Lifetime Legacies: Life Review Questions

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## **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?

