

Create a Life Story





Guidelines to Forming a Life Story

You don't have to be a great writer to create a wonderful life story that family and friends will treasure for generations to come. The idea is to write down life events, milestones, thoughts, feelings, stories and details about relationships that your family will cherish. This can be a rewarding family or personal experience.

The questions here are to inspire you! Tell your story in a notebook, on a computer, in a scrapbook or even by recording your thoughts on a voice recorder or video.

EARLY LIFE: Get the facts!

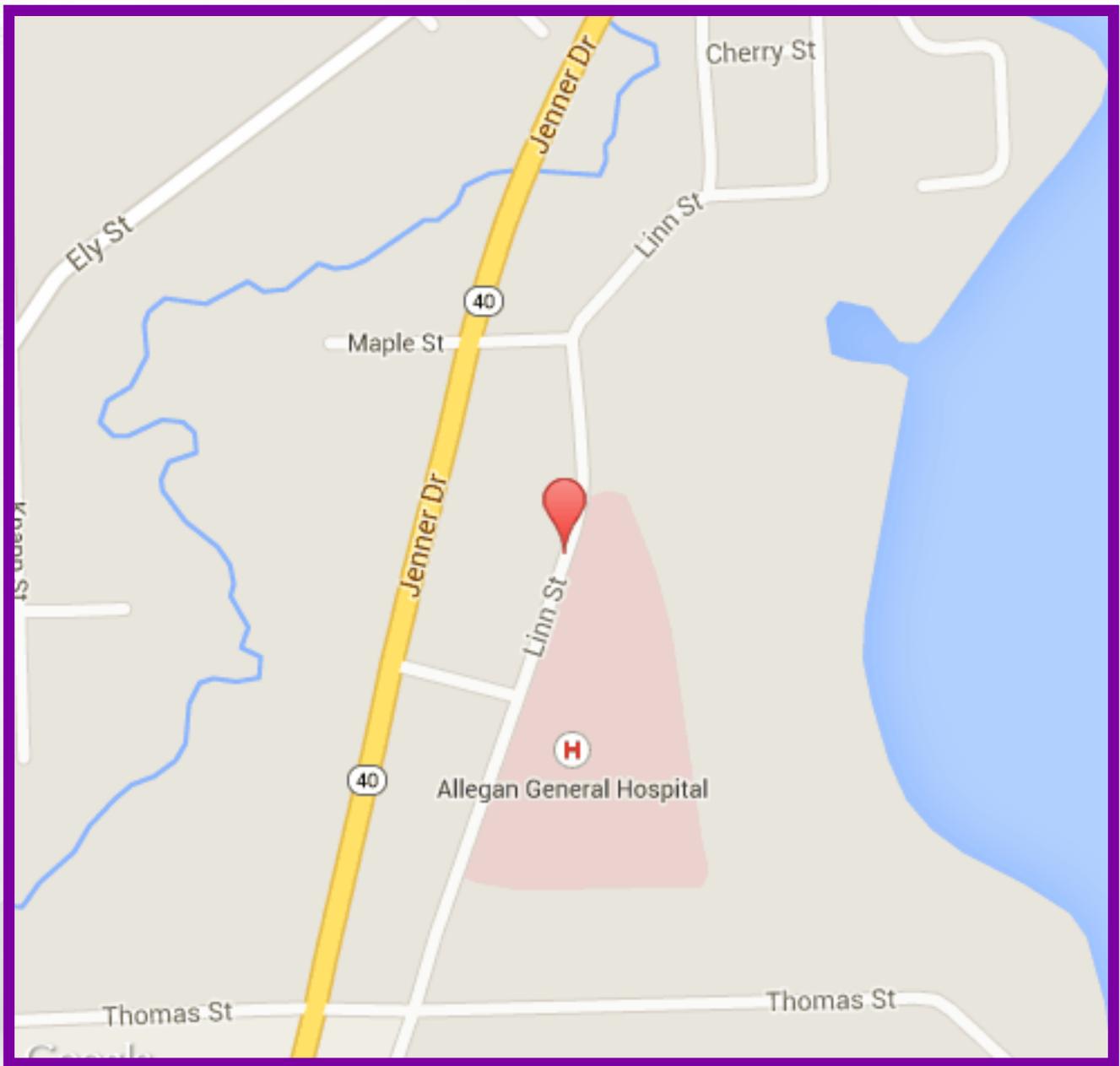
1. Your birth date. Do you know any details about the day you were born? If so, share!
2. What was going on in the world at that time?
3. What and who were influential in your early life and why?
4. What schools did you attend and which subjects did you enjoy?
5. Describe your family of origin.
6. What was your home life like?
7. Relationships with siblings?
8. What was important to your family?
9. What did you do for fun as a child?
10. What did you do for fun as a teen?

TALK ABOUT YOURSELF: Get into the uniqueness of who you are!

1. What is your favorite music, dinner, cookie, hobbies?
2. Did you travel? Where?
3. If you traveled, how did these trips change your perspective on life?
4. What do/did you most enjoy preparing in the kitchen?
5. What are five words that would describe you?
6. What traits are you most thankful for?
7. What was your vocation(s) in life?
8. What sense of purpose or service did you experience in your work?
9. What did you like/dislike about the job?
10. What were some of the difficult times in your life?
11. How did those times change you?
12. What were you most passionate about in life in your 20s-30s, then 40-60 and 60s-? and why?
13. Describe where/how you experienced your greatest spiritual connections in life.

REFLECT ON THE SIGNIFICANCE OF YOUR LIFE

1. What accomplishments made you the proudest?
2. Who are the people you loved the most and why?
3. Have you any regrets?
4. What would you do differently?
5. What would you like to be your legacy?
6. How would you want to be remembered?



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