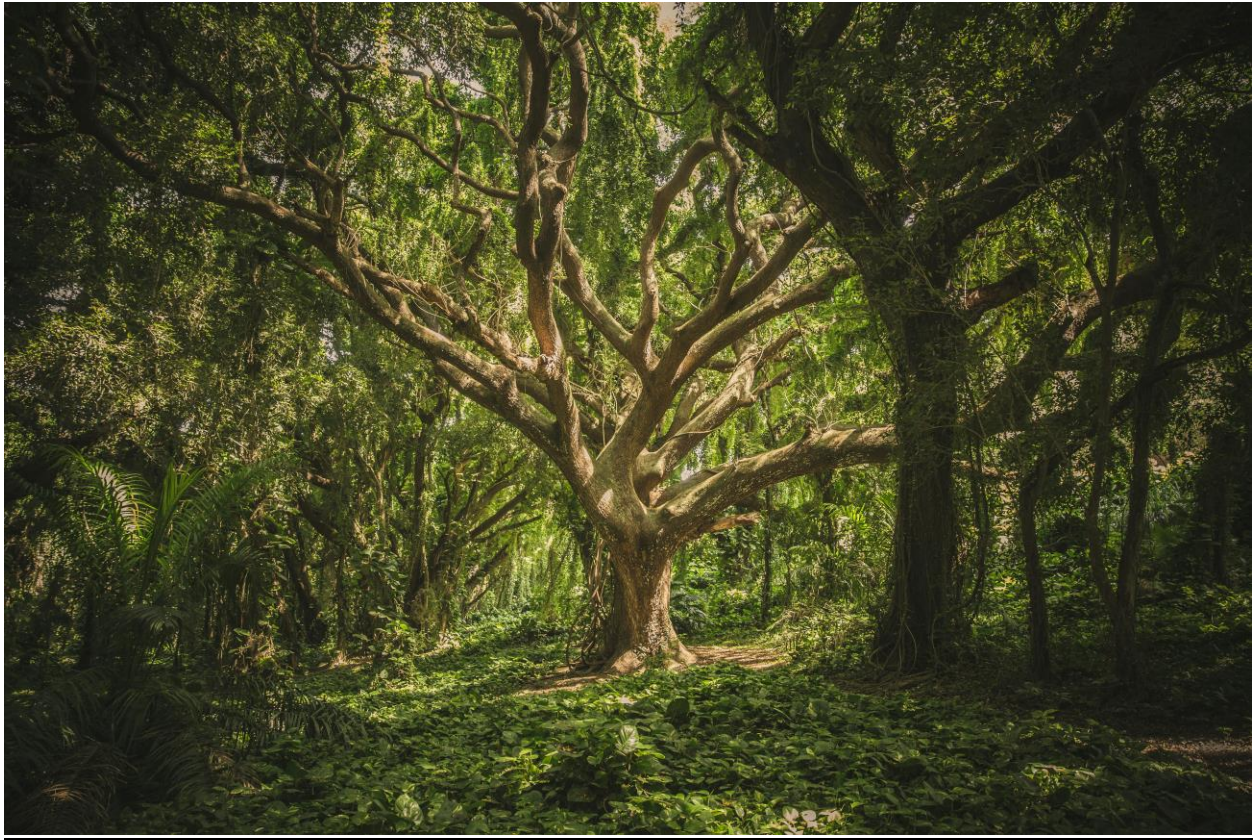


The story of my life ...



My story...

## **Personal Story for my children, grandchildren and whoever comes from my bloodline...**

The idea came as a meaningful and lasting gift for my children and their children and their grandchildren... A deeply meaningful and lasting gift a document that preserves your story for generations. Heartfelt, with love to you...

### **From My Heart to Yours**

#### **A Letter to My Children and Grandchildren...**

##### **- Birth...**

1. Which was the exact date and time of birth?  
.
2. In which city were you born and at which hospital or clinic?  
.
3. What name was given and why it was chosen?  
.
4. How old were your parents when you were born?  
.
5. Were you the oldest, middle or youngest child? How many siblings do you have?  
What are their names? Are they still around?  
.
6. What do you remember most about your childhood home?  
.
7. What have your parents told you about how you were when you were a baby?  
.
8. What is a memory from your childhood that always makes you smile?  
.
9. Did you have any nicknames growing up?  
.

##### **2. My Parents and Family**

10. What were your parents like?  
.
11. What 3 words would you use to describe your mother?  
.
12. What 3 words would you use to describe your father?  
.

**My story...**

- 13. Where did your parents grow up?  
.
- 14. How did your parents meet?  
.
- 15. Describe your parents' relationship?  
.
- 16. Did either of them have any unique talents?  
.
- 17. What did your parents teach you?  
.
- 18. What do you admire most about your father? Your mother?  
.
- 19. What do you wish you could have asked them?  
.
- 20. Did you feel close to your siblings?  
.
- 21. Are there family traditions or customs that meant a lot to you?  
.
- 22. What family stories were told again and again?  
.
- 23. What do you know about your grandparents or earlier ancestors?  
.

### **3. School and Growing Up**

- 24. What values were most important in your home?  
.
- 25. What games did you love to play?  
.
- 26. Which was your first school?  
.
- 27. What kind of student were you?  
.
- 28. Who was a teacher or mentor who changed your life?  
.
- 29. Did you ever get into trouble? What happened?  
.
- 30. What were your childhood dreams?  
.
- 31. What was your favorite subject in school? Least favorite?  
.
- 32. What do you miss most about being a kid?  
.
- 33. What was your favorite candy as a kid?  
.

**My story...**

34. What music did you love as a teenager?  
.
35. How did you dress and style your hair during your teens? Do you have pictures?  
.
36. Did you hang out with a group of people or a small number of close friends? Do you still keep contact?  
.
37. Did you date in high school?  
.
38. What was a common weekend night for you during your teens?  
.
39. In what kind of car did you learn to drive?  
.
40. Knowing everything you know now, what advice would you give your teenage self?  
.
41. Describe what you were like during your teen years.  
.
42. Did you enjoy school?  
.
43. How would your parents have described you as a student?  
.
44. What school activities did you participate in?  
.
45. What were your favorite and least favorite subjects?  
.
46. Is there a teacher or coach who had a significant impact on you? What did they do and what was the change they influenced?  
.
47. Is there anything you would have done different in school if you knew then what you know now?  
.

#### **4. Army...**

48. Did you go to the army?  
.
49. Which year and for how long?  
.
50. Who was your favorite friend?  
.
51. Any story you want to share?  
.

**My story...**

## **5. University / College/ etc.**

- 52. What did you study and where?  
.
- 53. Which city and which year?  
.
- 54. Did you have a roommate?  
.
- 55. Let us know about some important incidents  
.
- 56. Which were your best friends?  
.
- 57. Did you clean your apartment and cook?  
.
- 58. Did you attend any political demonstrations?  
.
- 59. What memories come to you from that time?  
.

## **6. Building up your life...**

- 60. What was your first job, and how did it shape you?  
.
- 61. What did you want to be when you grew up?  
.
- 62. What were your biggest doubts or fears as a young adult?  
.
- 63. What risk did you take that changed your life?  
.
- 64. How did you choose your career path?  
.
- 65. What accomplishments are you most proud of?  
.
- 66. When did you first fall in love?  
.
- 67. How did you meet your spouse/partner?  
.
- 68. What made you realize that she was the one?  
.
- 69. What advice would you give about love and marriage?  
.
- 70. How did you know you were ready to become a parent?  
.
- 71. What did it feel like when you held your child for the first time?  
.

**My story...**

72. What values did you want most to pass on?  
.
73. What was the hardest part of fatherhood? The best part?  
.
74. What's your favorite memory with your children?  
.
75. What lesson did your children teach you?  
.
76. What was one of the hardest moments of your life?  
.
77. How did you overcome failure or disappointment?  
.
78. Was there ever a time you lost hope? How did you regain it?  
.
79. What personal struggle shaped who you are?  
.
80. What would you do differently if you had the chance?  
.
81. What do you believe is the meaning of life?  
.
82. What spiritual or religious beliefs guide you?  
.
83. What role has faith played in your life?  
.
84. What advice do you have for living a meaningful life?  
.
85. How do you define success?  
.
86. What does happiness mean to you?  
.
87. What makes you laugh — really laugh?  
.
88. What are some of your happiest memories?  
.
89. What are you most grateful for today?  
.
90. What small joys do you cherish most?  
.
91. How do you want to be remembered?  
.
92. What is your message to your children?  
.
93. What is your message to your grandchildren?  
.
94. What stories or values do you hope will continue in the family?

**My story...**



- .
95. What are your hopes for future generations?
- .
96. If you could leave one gift — not material — what would it be?
- .
97. What do you want them to know when life gets hard?
- .
98. What is the one thing you never want them to forget?
- .
99. How would you like to be remembered?
- .
100. Do you have a current religious or spiritual practice?
- .
101. Do you ever pray? If yes, who do you pray to?
- .
102. Which do you think has the most impact on our lives? Fate or free will?
- .
103. What do you think is the meaning of life?
- .
104. How do you feel about miracles? Have you personally experienced one?
- .
105. Who has had an influence on your faith? Why?
- .
106. What was your favorite book?
- .
107. How has your taste in music changed over the years?
- .
108. If you could have dinner with 6 people who have ever lived, who would you pick? Why?
- .
109. What accomplishment are you most proud of achieving?
- .
110. If you could only pick one would you choose love or money?
- .

My story...