

little  
*Stories*  
lasting  
*Legacies*

**Story Starters**

Whilst you are mindful and willing, consider how you might want to share the stories of your life with the people you care most about.

Setting out to do this can feel somewhat soul-bearing as you reflect upon your thoughts and feelings, but hopefully, **with the help of these story starters**, you'll discover something of meaning that's important for you to convey.



The words you write today may very well be cherished by others tomorrow. Your personal values and beliefs, life lessons, your future hopes and dreams can live on to inspire generations to come.



**Your stories will be received as treasured gifts and are something tangible to be passed on.**

**Take some time to think about putting down in words the little—and not so little stories of your life. If you need inspiration to get started, use these questions.**



**Where were you born?**

**How many places did you  
live in growing up?  
Where were they?**

**What do you miss about  
your childhood?**

**What are your fondest  
memories of your parents?**





**What was your favourite  
thing to do as a child?**

**Who was your best  
friend growing up?**

**What was your biggest  
struggle or challenge  
as a child?**

**Do you have a  
favourite book?**

**Do you have a  
favourite movie?**

**Do you have a  
favourite song?**

**How did you get  
into your field of work?  
Was it what you expected  
you'd do?**



**What would you  
consider your biggest  
accomplishment?**





**Is there something that  
you'd like to do that you  
haven't done yet?**

**If you could go back in time,  
what advice would you  
give your younger self  
at 18, 21, 30, 40, and 50?**



**How did you meet your  
husband/wife/partner?**

**Are you a parent?  
If so, what about your  
children has brought you  
the most joy?**



**What was the biggest  
surprise after becoming  
a parent?**

**What's different between  
the world you grew up  
in and the world today?**



**If you could change one  
thing about your life,  
what would it be?**



**What is your favourite  
childhood memory?**