

64 Questions To Help Remember, And Share The Wisdom Of, A Life Lived.

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(Acknowledgement: I was inspired to create this list from writings on the topic by writers [Brendon Burchard](#) (**) and [Rachel Macy Stafford](#)(*), with their questions forming the bulk of the list below, and individually identified by asterisk)

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Your Early Life

1. How did your parents come up with your name? *
2. What comes to mind when you think about growing up in [hometown]? **
3. What did you love to do as a kid, before high school? **
4. Who were your best friends growing up? *
5. Did you have a favourite teacher at school? What was it about that teacher that you liked? Did they have an impact on your life?
6. What did you love to do in high school? **
7. Did you have a favourite pet when you were a kid? *
8. What were you like as a child? How are you still like that now? *
9. Did you ever get in trouble when you were a child? What for? *
10. What was your favourite meal growing up? *
11. What do you remember most about your childhood or teenage years? **
12. What's the biggest difference about today's world compared to the one you grew up in?

The Family You Grew Up In

13. What do you remember most about your mother? *
 14. What was most important to her? *
 15. What do you remember most about your father? *
 16. What was most important to him? *
 17. How did they influence your life?
 18. What parts of your parents do you see in yourself?
 19. Do you see anything of your parents in me, or your grandchildren?
 20. If your parents had a message to you and their grandchildren, what do you think it would be? **
 21. Who were other people in your family that were important to you (such as grandparents, cousins, aunts and uncles)? Why were they important? What do you remember about them?
 22. Was there an inspirational person in your life? Who was it? How did they influence your life? (parent, grandparent, friend, teacher, guru etc)
 23. When you think about [sibling] how would you describe him/her? **
 24. What message do you have for [sibling] that you want him to always keep in mind? **
- [Do the last two questions above for each sibling in your family]

The Family You Made

25. How did you meet [spouse] and know (s)he was the one? **
26. When you think about [spouse], how would you describe her/him? **

27. When you think about [spouse], how would you describe her/him? **
28. What message do you have for [spouse] that you want her/him to always keep in mind? **
29. What do you remember when each of your children born? **
30. Were you ever scared to be a parent? **
31. What three words would you say represented your approach to parenting and why? **
32. What did you love the most about being a parent?

Your Working Life

33. How did you choose your career and what was your favourite part about it? **
34. What made you successful at work? **
35. Do you have advice for your grandchildren on work?

Your Creative Life

36. What was your favourite book/movie/song/piece of art? What did you like about that book/movie/song/piece of art?
37. Was there a life-changing book/movie/song/piece of art that you've read? How did it make a difference in your life?
38. Have you created anything you're most proud of (besides us!)?

What Shaped Your Life?

39. Did you have any adventures in your life? What were they? How did they shape your life?
40. What other events most shaped your life? **
41. What times in your life truly "tested your mettle," and what did you learn about yourself by dealing (or not dealing) with them? **
42. Along the same theme, what was the hardest obstacle you overcame? *
43. What did you believe about yourself that helped you become successful and deal with hard times? **
44. What were the three best decisions you've ever made? **

Moments In Your Life

45. What were some of the happiest moments in your life? *
46. What were some of the most positive moments of your life? **
47. What were some of the funniest moments in your life? *
48. What were some of the saddest moments in your life?

About You

49. What three words would you say best describe who you tried to be in life and how you want to be remembered? **
50. What are you most proud of in life? *
51. In what ways do you think you have touched another's life?
52. What brings you the greatest sense of comfort and peace? *
53. What are you most thankful for? **
54. How would you like to be remembered? *

Regrets

55. If you could change anything in the past, what would it be? *
56. Are there any relationships you want to repair? *
57. Is there anything you wish you'd done when you had the chance? *

Before You Die

58. Are there any tasks you need to complete before you die? *
59. What is most difficult about leaving your loved ones behind? *
60. What is on your bucket list? (experiences you'd like to have before you die)

Words Of Wisdom

61. What do you think the world needs more of right now? **
62. What do you believe people want the most in life? **
63. Is there any advice you'd like to give me/us? *
64. What message would you like to share with your family? *

Prompts for Your Reflections To Your Loved One

1. *Thank you. I am grateful for . . .*
2. *What I most remember and cherish about you is . . .*
3. *These are some of the approaches to life that I think you have passed on to us . . .*
4. *Here are some ways we will remember you by (sayings, humour, etc) . . .*
5. *I love you . . .*

Further reading - my blog on aging parents: [A Personal Reflection on Intergenerational Parenting:](http://www.parentskills.com.au/blog/personal-reflection-intergenerational-parenting)
<http://www.parentskills.com.au/blog/personal-reflection-intergenerational-parenting>
www.parentskills.com.au

Original lists of questions from authors Brendon Burchard and Rachel Macy Stafford:
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