Every story has a starting point.

Choose a chapter and a question. Take your time, and let one memory lead to another.

Childhood

1. What did your childhood home feel like?

2. Who made you feel safe when you were young?

3. What was your favorite game?

4. What did you learn from your first mistake?

5. Which teacher stayed in your memory?

Family

6. Which tradition would you pass on?

7. What recipe reminds you of home?

8. What family saying do you still use?

9. Who brought everyone together?

10. What ordinary day would you live again?

Every story has a starting point. (continued)

Turning points

11. What decision changed your direction?

12. When did you start over?

13. Who believed in you before you believed in yourself?

14. What place changed the way you saw the world?

15. What did your first job teach you?

Lessons

16. What are you proud of learning?

17. What advice would you give your younger self?

18. What does friendship mean to you?

19. What do you hope the next generation remembers?

20. What are you still curious about?

Write or record your answer using your preferred notes app. This page does not collect or save your story.