

100 QUESTIONS

TO HELP YOU WRITE YOUR LIFE STORY

Childhood and Family

1. Where were you born? Describe your birthplace.
2. What is your earliest memory?
3. What do you remember most about your parents?
4. Did you have any siblings? What was your relationship like?
5. What was your home like growing up?
6. What traditions did your family have?
7. What values did your parents instill in you?
8. What was your favorite toy or childhood possession?
9. Who was your best friend as a child?
10. What did you want to be when you grew up?



School and Education

11. What was your first day of school like?
12. Did you have a favorite teacher? Why?
13. What subjects did you enjoy the most?
14. Were you involved in any extracurricular activities?
15. Did you face any challenges in school?
16. How did you spend your recess or lunch breaks?
17. What was your proudest school achievement?
18. Did you ever get in trouble at school?
19. How did you get to school every day?
20. What lessons from school stuck with you the most?

Teen Years and Coming of Age

21. What was your teenage bedroom like?
22. How did your relationship with your parents change as you got older?
23. Did you have a first love?
24. What was your first job?

- 25. Did you have a mentor or someone who influenced your decisions?
- 26. What music, movies, or books shaped your teenage years?
- 27. How did you spend weekends as a teenager?
- 28. What fashion trends did you follow?
- 29. Did you participate in any rites of passage?
- 30. What were your biggest dreams at that age?

Young Adulthood and Independence

- 31. What was your first big decision as an adult?
- 32. Did you go to college or pursue further education?
- 33. What was your first home away from your parents like?
- 34. Did you experience any major struggles in early adulthood?
- 35. What jobs did you work in your 20s?
- 36. Did you travel anywhere that changed your perspective?
- 37. What was dating like for you in your 20s?
- 38. What advice would you give your younger self?

39. What mistakes did you make that taught you important lessons?

40. How did your values or beliefs evolve?

Love and Relationships

41. How did you meet your spouse or significant partner?

42. What was your wedding day like?

43. What has been the biggest challenge in your relationships?

44. What do you believe is the key to a successful marriage?

45. How did you know you were in love?

46. What traditions did you create in your relationship?

47. What advice would you give about love and commitment?

48. How have your relationships shaped your personal growth?

49. What do you cherish most about your partner?

50. What has been the hardest thing you've overcome together?

Parenting and Family Life

- 51. How did you feel when you became a parent for the first time?
- 52. What surprised you most about raising children?
- 53. What family traditions did you start with your own children?
- 54. What was the most rewarding part of parenthood?
- 55. What was the most challenging part of parenthood?
- 56. How did you balance work and family life?
- 57. What lessons did you hope to teach your children?
- 58. How did parenthood change you as a person?
- 59. What do you hope your children remember about their childhood?
- 60. What advice would you give to new parents?

Career and Work Life

- 61. What was your dream job as a child, and did you achieve it?
- 62. What was your first full-time job like?
- 63. How did your career evolve over time?
- 64. Did you ever take a big risk in your career?

- 65. What was the most fulfilling part of your work?
- 66. What challenges did you face in your profession?
- 67. Did you ever experience failure in your career?
- 68. What advice would you give about building a career?
- 69. Did you ever switch career paths? Why?
- 70. What do you wish you had done differently in your work life?

Life Lessons and Personal Growth

- 71. What was the most difficult time in your life?
- 72. How did you overcome major challenges?
- 73. What do you consider your greatest personal achievement?
- 74. What values are most important to you?
- 75. What advice would you give your younger self?
- 76. How do you define success?
- 77. Have you ever had a turning point in life?
- 78. What regrets, if any, do you have?

79. What was a moment of deep personal reflection for you?

80. How do you want to be remembered?

Travel and Adventure

81. Where have you traveled that left a lasting impact?

82. What was your most memorable trip?

83. Did you ever experience culture shock?

84. What's a place you wish you could visit again?

85. Have you ever taken a road trip?

86. Did you ever live in a different country or city?

87. What is your favorite place in the world?

88. What travel experience taught you the most?

89. Have you ever had a spontaneous adventure?

90. What's one place you still dream of visiting?

Spirituality and Reflection

91. How has your spirituality or faith changed over time?
92. Have you ever had a profound spiritual experience?
93. What role does faith or spirituality play in your life?
94. What do you believe about the meaning of life?
95. Do you believe in fate, destiny, or free will?
96. What experiences have shaped your worldview?
97. How do you find peace in difficult times?
98. What do you hope to pass down to future generations?
99. How would you summarize your life's story in a few sentences?
100. What's one message you want to leave behind for others?