



QUESTION GUIDE

TOPICS, THEMES, AND QUESTIONS
TO INSPIRE THE STORYTELLER



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These are designed to inspire your thoughts on how the conversation might unfold. Based on the path you choose - whether it's Chronological, Milestone, or Deep Dive - and the themes or topics you wish to explore, I will then develop a tailored list of questions that relate specifically to you and your narrative; consider this as just a starting point.

CHILDHOOD

FAMILY

YOUNG ADULthood

ADULthOOD + FAMILY LIFE

LATER YEARS + RETIREMENT

REFLECTION + ADVICE

FUTURE

ABSTRACT + CREATIVE



C H I L D H O O D

Origins:

- Where and when were you born?
- What's your earliest memory?
- What stories have you heard about your birth or infancy?
- What was your hometown known for when you were little?

Home Life:

- What were your houses or apartments like?
- Who did the cooking, and what meals stand out?
- How were chores done differently back then?
- What smells, sounds, or sights remind you of your childhood home?

Neighborhood:

- What were your neighbors like?
- Were there other children nearby?
- What games did you play together?
- Was your neighborhood close-knit or more private?

Friends

- Who was your best friend growing up?
- How did you meet?
- What did you like to do together?
- Are you still in touch with them?

Schooling:

- What schools did you attend?
- Who were your favorite teachers and why?
- Did you ever get in trouble at school?
- What subjects or activities did you enjoy most?

Activities:

- What did you do for fun outside school?
- Did you play sports, join clubs, or have hobbies?
- What role did reading, radio, or movies play?
- What was your favorite toy or game?



FAMILY

Parents:

- Where did they come from? How did they meet? What were they like as people and parents?
- What did you admire most about each of them?
- What lessons from them still shape your life today?

Grandparents/Great Grandparents:

- Origins, work, personalities, memories.
- What stories did they share about “the old days”?
- How did they influence your parents or you?
- Traditions or habits you still remember or continue

Siblings:

- Birth order, relationships as kids and adults.
- What games or activities did you share growing up?
- Did you ever get in trouble together—or blame each other?
- How has your relationship changed over the years?

Extended Family:

- Aunts, uncles, cousins—memorable personalities or stories.
- Who were you closest to in your extended family and why?
- Were there big family gatherings or reunions?
- What’s a funny or unforgettable story about one of them?

Family Traditions:

- Annual events, meals, celebrations.
- Which holiday or tradition felt the most special to you?
- How did your family celebrate birthdays or milestones?
- Did your family have any “quirky” or unique traditions?

Culture:

- Values or customs passed down.
- Were there specific sayings or mottos your family used often?
- How did your cultural background shape meals, music, or celebrations?
- What parts of your culture do you hope future generations will keep alive?



Y O U N G A D U L T H O O D

First Job:

- What did you do? What did you learn?
- How did you get your first job?
- What did you spend your first paycheck on?
- Did that job influence your later career path?

Education + Training:

- College, military, apprenticeships.
- Why did you choose the path you did after high school?
- Influential teacher or mentor
- What's one lesson from that time that stuck with you?

Relationships + Marriage:

- How you met your spouse, proposal, wedding, honeymoon.
- What was your first impression of each other?
- What do you remember about your first date(s)?
- What stands out most about your wedding day?

First Home:

- Location of your first shared residence
- Memories of furnishing or decorating
- Funny experiences as new homeowners or renters
- How the home represented your identity at that time

Early Career:

- First major steps, challenges, mentors.
- What was the hardest part of starting out?
- Who believed in you early on?
- How did your career goals change in those first years?



ADULTHOOD + FAMILY

Children:

- Births, personalities, memories raising them.
- What do you remember most about becoming a parent for the first time?
- What traditions or routines did you create as a family?
- What are some funny or unforgettable stories from when your kids were little?

Family Activities:

- Vacations, sports, holidays.
- What was your favorite family trip and why?
- How did your family celebrate holidays together?
- Were there regular weekend or evening activities you all looked forward to?

Careers:

- Highlights, challenges, proudest moments.
- What achievement in your work are you most proud of?
- What was the biggest obstacle you had to overcome?
- How did your career affect your family life?

Community:

- Involvement, service, friendships.
- Were you involved in any clubs, churches, or organizations?
- Who were some of your closest friends during this stage of life?
- How did your community shape your family's experience?



LATER YEARS + RETIREMENT

Work Life Reflection:

- How your career evolved.
- Looking back, what turning points defined your career path?
- What advice would you give to someone starting in your field today?
- Do you feel your work reflected who you are as a person?

Retirement:

- What changed? How do you spend your days?
- What was the hardest adjustment in leaving full-time work?
- What new routines or habits have you developed since retiring?
- What surprised you most about retirement life?

Hobbies + Passions

- Travel, causes, activities, sports, organizations.
- What hobbies or interests have become more important in this stage of life?
- Have you taken up anything new that you never had time for before?
- What trip, project, or activity has been most meaningful recently?

Family Roles:

- Being a grandparent or great-grandparent.
- What's the best part of being a grandparent?
- How do you see your role different now than when you were raising children?
- What do you hope your grandchildren or great-grandchildren remember about you?



REFLECTION + ADVICE

Life Lessons:

- Best and hardest experiences, and what you learned.
- What moment in life taught you the most?
- If you could relive one decision, would you change it?
- What experiences shaped how you see the world today?

Advice:

- About family, friends, career, schooling, travel, sports, values.
- What advice would you give your younger self?
- Key lessons for children or grandchildren to remember.
- Share the guidance that has influenced you the most.

Siblings:

- Birth order, relationships as kids and adults.
- What games or activities did you share growing up?
- Did you ever get in trouble together—or blame each other?
- How has your relationship changed over the years?

Achievements:

- What you're most proud of.
- What personal accomplishment means the most to you?
- Significant yet often overlooked achievements
- What makes you feel you've lived a good life?

Challenges:

- Hardest times and how you survived.
- What was the most difficult season of your life?
- Who or what helped you through it?
- What strengths did you discover in yourself during that time?

Relationships:

- What sustained you through the years.
- Which friendships or relationships made the biggest impact?
- How did your marriage or partnerships endure over time?
- What do you think makes relationships last?



FUTURE

Goals:

- What goals do you still have for yourself?
- Is there something you've always wanted to do but haven't yet?
- How do you measure success in this stage of life?
- What are you working toward right now?

Lifestyle:

- How do you see your lifestyle evolving?
- What routines do you want to keep as you get older?
- What changes would make life more fulfilling for you?
- How do you balance relaxation with purpose?

Development:

- In what ways do you want to keep growing or learning?
- Are there new skills or hobbies you'd like to try?
- How do you stay mentally and physically sharp?
- What inspires you to keep improving?

Family:

- What do you hope for your children and grandchildren?
- How do you want to be involved in your family's future?
- What traditions do you hope they carry forward?
- What legacy do you want them to remember most?



ABSTRACT + CREATIVE

Love:

- How has your understanding of love changed over time?
- What moments best capture your love story?
- How do you show love in everyday ways?
- What advice would you give about lasting love?

Music:

- What role has music played in your life?
- Which songs or artists are tied to your strongest memories?
- Did you ever play an instrument, sing, or attend memorable concerts?
- What music instantly takes you back to a certain time?

Spirituality:

- How has spirituality or faith shaped your life?
- Did your beliefs change as you grew older?
- What practices (church, meditation, prayer, reflection) grounded you?
- What spiritual lessons do you hope to pass on?

Success:

- How do you define success at this point in your life?
- Has that definition changed since you were younger?
- Who or what shaped your view of success?
- What would you consider your greatest successes?

Individualism:

- What makes you distinctly “you”?
- When did you feel most independent or true to yourself?
- What risks did you take that defined your path?
- How would others describe your individuality?

Legacy:

- What do you wish to be remembered for?
- How do you envision your family discussing you in the future?
- What traditions, values, or creations should be carried on?
- What message would you leave for future generations?



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