

My Life Story: An Autobiographical Memory Book

Courtesy of [The Genealogy Biography Writer](#)
by Laura Stolk

The following questions are meant to provoke the telling of your story. If any question is not applicable, you can skip it, or feel free to write about something else that the question may have triggered. Write as much as you want - the more the better! You can also skip questions and return to them later. There will be places for you to upload pictures. The form will save your responses as you type. You can scroll to the bottom and submit your responses to save your progress. Come back to edit at any point. If you prefer to answer in another format, simply read the questions and answer in another document.

1. I was born ... (Include the year and place. This is an opening paragraph to your story, so you might consider something like: I was born in New York City on October 2, 1956. If there are extenuating circumstances, such as adoption, include what you know about that.)

2. My parents were...

3. They named me...

4. My parents chose my name because...

5. On the day I was born, the following was true: (For instance, how was the weather? Did your mother give birth at a hospital or at home? What did your father do? What did your parents think? What were you told about this day?)

6. We lived...(What type of abode? In the city or the country? In what location?)

7. About my siblings... (How many were there? What was your birth order? What are their names? What do you remember about childhood?)

8. My childhood was..... (What was your childhood like? Where did you live? What did it look like? What was the weather like?)

9. To my family, religion was... (Was your family religious? How did you feel about that when you were a child? How do you feel now?)

10. About my mother: (What do you remember about your mother? What did she look like? What did she do? What are some things she would say?)

11. About my father: (How do you remember your father? What did he look like? What did he do? What are some things he would say?)

12. My mother's parents... (What were your mother's parents' names? What do you remember about your maternal grandparents?)

13. My father's parents... (What were your father's parents' names? What do you remember about your paternal grandparents?)

14. About my mother's siblings: (Did she have siblings? Who were they?)

15. About my father's siblings: (Did he have siblings? Who were they?)

16. About my extended family: (Did you see them a lot? What were the circumstances? Who stands out?)

17. My favorite relative...

18. Include pictures of your parents and grandparents. (If possible, name the files with the name of the person in the picture and a date if you have it. For example, "1956.Jospehine McGrew.Mygrandmother.jpg" or "1956.JohnsonFamilyReunion.png".)

Files submitted:

19. My looks as a child could be described as follows:

20. The place where I loved to play most was _____ and my favorite games and toys were...

21. The most memorable trip that my family took was...(Where did you go? What happened? Who went? How did you get there?)

22. My pets... (Did you have pets? What kinds? What were their names?)

23. Holidays were spent... (What were your holiday traditions? Which is your favorite and why?)

24. My favorite gift... (What was your favorite gift? Who gave it to you? Do you still have it?)

25. There was a funny story often told about me. It goes like this...

26. Some sad memories included... (What helped you cope with the situation? Do you have advice about how to deal with this type of situation?)

27. Some of the happiest times were...

28. Do you have a few pictures or yourself to upload? (Perhaps your school photos?)

Files submitted:

29. My family Tree... if you have a family tree completed online, paste the link below. If you do not, you can list your relatives here. (Indicate the person's name and relationship to you. Use maiden surnames followed by married surnames for women. Include birth and death dates, if known. For example: First Name Middle Name Maiden Surname Married Surname, Mother, DOB/DOD; First Name Middle Name Maiden Surname Married Surname, Maternal Grandmother, DOB/DOD; First Name Middle Name Surname, Father, DOB/DOD, i.e., Rebecca Ann Thomas Smith, mother, 1/1/1925-5/2/1990, Robert Michael Smith, father, 2/5/1922-9/25/1978.)

30. I have completed a DNA test at the following sites:

31. About the people in my tree...

32. My family origins include the following countries...

33. My family migrated... (When? From where? To where? Why?)

34. I remember when...

35. The decades in my life were known for...

36. The name of my elementary/primary school was... (My school was located _____ and it looked like....)

37. The name of my high school was...(My school was located _____ and it looked like.... It was a _____ school.)

38. My extra curricular activities were... (Write a paragraph about trying out for these activities or include who asked you to participate.)

39. My favorite teacher was...(Why? What about the teacher inspired you? What subject or grade did this teacher teach?)

40. My favorite subject was... (Why?)

41. Each day I got to school by... (What was your mode of transportation? How did you feel about that? Does a particular memory stand out?)

42. I wore... (What was in style? Did you have a school uniform? How did you wear your hair? Where did you have it cut or styled?)

43. My friends were... (Tell their names, what they were like, where you met them, where they lived in relation to you...)

44. My adolescent years were...(How did you feel? What did you do? Is there a particular story that stands out? Was it fun, awkward? Were you a follower or did others follow you? Were you a loner?)

45. I was proud of... (Did you ever win an award or a contest? Have good grades? Were you honest? Did you make someone proud of you? Did you excel in sports? Did you help your parents? Were you artistic? Did you make people laugh? Your role as a sibling?)

46. My nickname was... (Did you like it? How did you acquire this name?)

47. I enjoyed... (Were you in any clubs or activities? Did you volunteer? Did you have a hobby? What did you spend your extra time doing?)

48. What did you want to be when you grew up? Why do you think this was?

49. I first drove a car when... (What memories does this bring back?)

50. When I was growing up, the kind of music that was popular was... (Was this also the music you liked? What were some of your favorite songs?)

51. My first crush was... (What was the person's name? What happened?)

52. My first date was with... (Where did you go? How did you feel?)

53. To me, my school days were...(Tell about your memories and general feelings.)

54. What types of chores were yours? Did you have any neighborhood jobs?

55. How did you spend your summers as a child? (For example, did you play in a certain area, like a park or woods? Did you stay with a relative during summer vacations? Did you read? Ride your bike? What do you remember?)

56. What types of foods remind you of home? What was dinner time like? What did you bring for lunch? What smells do you remember when you think of someone in your childhood cooking?

57. Did you have extended family gatherings often? Who hosted? What would you do?

58. What are your favorite childhood books? (You could list here your favorite books from childhood and who would read them to you.)

59. What became your favorite books as an adolescent or as an adult? Who is your favorite author?

60. Did you/do you play an instrument/sing? Tell about that:

61. When school was over, I... (Did you work? Join the military? Go to college? Get married? Travel?)

62. My first job was... (What were your duties? How did you like it? What was your boss like? Your co-workers?)

63. If you went to college, what did you study? Did you complete your degree? Describe:

64. What is your profession? Why did you choose this? Are you satisfied with that choice? How have you grown in your profession?

65. My favorite time of the year has always been... (Why?)

66. I have traveled to... (What were the circumstances?)

67. During my early adult years... (What did you do for fun? What did you look like? What was the style? Were you happy? Did anything disappoint you?)

68. I met my _____(significant other)... (What is that person's name and relationship to you? For example, "I met my wife, Jeanie..." or, "Your grandmother and I met in 1968 just before I enlisted in the Navy." How did you meet? Who introduced you? Where?)

69. If you are/were married tell about your engagement... (Tell about the proposal. How long were you engaged before marriage?)

70. If you are/were married tell about your wedding... (When? Where? Who was there? Tell about something that stands out in your memory. Did you go on a honeymoon?)

71. If you were divorced or remarried, include names, dates, and circumstances (if you choose):

72. In general, people think that I... (What do you think people say about you? How would your best friend describe you? How would your kids describe you? Do you think this is correct, or are they leaving something out?)

73. My children...(If you have children, list them here in birth order and tell something about each.)

74. My grandchildren....(If you have grandchildren, list them here and tell something about each.)

75. Where are the places that you have lived? (Describe the place, the abode, the reason you lived there or why you chose it...)

76. Describe your relationships with your significant other, your children, your best friend(s):

77. If applicable, what have been some challenges and rewards with being married and raising a family?

78. What are some strange jobs that you have held? What happened?

79. Have you ever sustained a major injury? What happened? How has this changed you?

80. Describe your personality:

81. Upload some of your favorite pictures of yourself:

Files submitted:

82. Some trends in my time have been...(Are these things you did? Things you thought were comical? Things you thought defined your generation...)

83. Popular movies in my life have been...

84. The most famous person I've met was...

85. My hobbies have been...

86. Something I stand for is:

87. I am good at...

88. For fun I like to... (Where do you like to go? What types of social activities do you prefer? Have you been the member of any clubs?)

89. My least favorite thing is...(For example, a pet peeve, a type of food that you don't like, something about society...)

90. Some of my favorite things are...

91. My biggest challenge has been...

92. My biggest accomplishment has been...

93. If I could have done something differently, it would have been...

94. The world in my time.... Things that happened around the world included... What was happening in the world when you were a child and as an adult? How did it affect you? List historical events that affected you in the order they took place. For example, major changes in technology, wars, changes in music, world events, local events, political events.

95. When I was a teenager, the world was ...

96. My political affiliations and feelings have been...

97. The presidents during your life so far have been... (How did you feel about them?)

98. The biggest change since I was a child has been...

99. The things that are the same include...

100. I think people have... (Changed? Remained the same? In what ways?)

101. The way I feel about the world now is...

102. Over the years I have learned...

103. The most important thing in life is...

104. The best advice I can give is...

105. What are some other pets that you've had? Tell about them.

106. Everyone can do at least one thing well. What is your specialty and what are some tips for doing it well? (Hint: A recipe, hobby, sport, game, something you build...)

107. What else would you like to add?

108. Include some more pictures.

Files submitted:

109. If you have answered the questions in another file, you can upload it here.

Files submitted:

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