

OUR BEGINNINGS

01

What is one of your happiest
childhood memories?

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OUR BEGINNINGS

02

What did you learn about love
and family growing up?

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OUR BEGINNINGS

03

What was a tradition you looked
forward to?

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OUR BEGINNINGS

04

What do you wish I knew about
the world you grew up in?

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OUR BEGINNINGS

05

What childhood experience still
shapes you today?

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MOTHERHOOD THEN & NOW

06

What did a typical day of
parenting look like in your
generation?

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MOTHERHOOD THEN & NOW

07

What parenting advice would
you keep, and what would you
leave behind?

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MOTHERHOOD THEN & NOW

08

How have expectations of
mothers changed over time?

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MOTHERHOOD THEN & NOW

09

What has technology made easier or harder for families?

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MOTHERHOOD THEN & NOW

10

What do you admire about how the other generation approaches parenting?

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UNDERSTANDING EACH OTHER

11

When do you feel most heard and understood by me?

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UNDERSTANDING EACH OTHER

12

What is something we see differently, and why?

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UNDERSTANDING EACH OTHER

13

What do you wish we talked
about more often?

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UNDERSTANDING EACH OTHER

14

How can I show support without
trying to fix everything?

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UNDERSTANDING EACH OTHER

15

What is one question you have
wanted to ask me?

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LESSONS THROUGH THE YEARS

16

What is a lesson you learned the
hard way?

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LESSONS THROUGH THE YEARS

17

Who taught you something important about being a parent or daughter?

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LESSONS THROUGH THE YEARS

18

What has motherhood or daughterhood taught you about yourself?

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LESSONS THROUGH THE YEARS

19

What advice would you give your younger self?

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LESSONS THROUGH THE YEARS

20

What strength do you see in me that I may not see in myself?

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HEALING & CONNECTION

21

What helps you feel safe during
a difficult conversation?

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HEALING & CONNECTION

22

Is there a misunderstanding you
would like us to clear up?

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HEALING & CONNECTION

23

What does a meaningful
apology look like to you?

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HEALING & CONNECTION

24

How can we respect each other's
boundaries while staying close?

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HEALING & CONNECTION

25

What is one small way we can strengthen our relationship this month?

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LEGACY & LOOKING AHEAD

26

What family story should never be forgotten?

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LEGACY & LOOKING AHEAD

27

Which values do you hope future generations carry forward?

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LEGACY & LOOKING AHEAD

28

What family tradition would you like us to start?

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LEGACY & LOOKING AHEAD

29

What do you hope we will
remember about this season of
life?

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LEGACY & LOOKING AHEAD

30

What promise or intention
would you like us to make
together?

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