Write your life story without the stress of trying to figure out what to write or where to begin. Choose the questions or topics that you think would be most interesting. If one does not apply, skip it.

Childhood	Education	Entertainment	Milestones	Life Lessons
 Beginnings When and where were you born? How were you named? How old were your parents when you were born? Were you the first born? Or did you have older/younger siblings? Where did you grow up? What do you remember about this place? Family Mother/Father Grandparents Siblings Other close relatives Memories Pavorite place Friends Typical day Best memories Favorite foods 	Elementary 1. Friends 2. Teachers 3. Feelings about school 4. Recess 5. Memories High School 6. Personality (Introvert/Extrovert) 7. Learning to Drive 8. Favorite songs or musicians 9. First boyfriend/girlfriend 10. Favorite subject 11. Sports/Activities 12. Best memory Secondary 13. College/Trade school 14. Major 15. Highest level of education 16. Memories	 Fun & Games Special Songs/Movies Family entertainment a. Board games b. Listening to the radio c. Watching TV d. Playing music/singing e. Reading books f. Putting on a show Holidays Traditions Memberships: Civic organizations Social organizations Social organizations Service (VFW, Shriners, Rotary, etc.) Historical/genealogical Vacations: Did your family travel on vacation? Where did you go? What was your favorite? Most memorable 	 Career/Work Military? What was your first job? Other jobs? Favorite job? Why? Marriage How did you meet your spouse? Describe your wedding day. How did you feel? What did you wear? Special memories Describe your spouse. Describe your children. Religion/God Religion Rites (Baptism, First Communion, Bar/Bat Mitzvah, etc.) Relationship with God and/or religion. 	 Successes Relationship challenges Career challenges Medical challenges Medical challenges Loss Loss of a loved one. Who Funeral How old were you? How did it effect your outlook on life? Hardships Historical Depression War Hurricane/Flood/Fire Personal Parents' Divorce Unemployment Accident Trauma Lessons Learned Regrets Advice