

# Life History Questions

Schedule interviews with your grandparents or parents. With a digital recorder in hand, ask the questions below and record the answers. After the interview is complete, upload the recording and transcribe it to include in your family's history or in the interviewee's personal life history.

- Where and when were you born?
- What cities did you live in growing up?
- What was your first house like?
- What was your room like?
- What was your favorite toy or other item as a child?
- What did a typical mealtime look like?
- What meals did you regularly eat growing up?
- What did you wear to school?
- What were your favorite subjects?
- What things did you not have as a child that we have today (e.g., cell phones)?
- What was your relationship like with your siblings? Cousins? Friends?
- Who was your favorite school teacher? Why?
- Who was your first crush? Did he/she like you back?
- What did you think of your first school dance?
- What was your proudest moment as a child?
- What was your relationship like with your mom?
- What was your relationship like with your dad?
- What special treats, meals, snacks, or other food did your family eat?
- What holidays did you celebrate and how did you celebrate them?
- Where did you go on staycation or vacation as a child?
- What is your happiest moment as a teenager? Your saddest?
- What made you the most nervous during your teenage years?
- What sports or other extracurricular activities were you involved in?
- What did you most excel at as a child/teen/high school student?
- Did you go to college or get additional training after high school? Where did you go? What did you study/get trained in?
- What was your first job? How old were you? What did you do? How much did you get paid?
- How did you meet your husband/wife?
- When and how did you know that your future husband/wife was "the one"?
- Did you want a big or a small family? How many kids did you have?
- What are your memories about expecting your first child?
- What are your memories about the birth of your first child?
- What was your happiest memory about being a first-time parent?
- What has been the most fun part about parenting?
- What has been the hardest thing about parenting?
- How has faith/spirituality/religion/meditation played a role in your life? Examples?
- How has exercise (sports, dance, yoga, etc.) played a role in your life? Examples?
- How have service and charity played a role in your life? Examples?
- How would you describe your personality?
- What are your greatest strengths?
- What are your greatest weaknesses?
- Are you an introvert or an extrovert?
- What has been your proudest professional achievement?
- What has been your proudest personal achievement?
- How did you balance work and home life?
- If you could have a do over, what would you change?
- What advice would you give to your teenage children/grandchildren?
- What advice would you give to your single adult children/grandchildren?
- What advice would you give to your married children/grandchildren regarding their marital relationships?
- What advice would you give to your married children/grandchildren regarding parenting?
- What advice would you give to any of your children/grandchildren regarding life in general?
- What life lesson helped you grow the very most? How? Why?
- What was on your bucket list when you were younger?
- How has your bucket list changed as you've grown older?
- If you could only do three more things on your bucket list, what would they be? Why?
- What is something that people don't know about you?
- What legacy would you like to be known for?