PRINTABLE WORKSHEET

50 life story interview questions.

From childhood and coming of age to parenthood, work and the wisdom of a long life. Every question has room for notes.

Pick three questions. One full story is worth more than fifty short answers.

Record the conversation. A phone voice recorder is enough. Ask first.

Follow the energy. When a memory comes alive, ask “What happened next?” before moving on.

Write down names and dates. Check them later with the family.

Childhood & family origins

1 What is your earliest memory?

2 What did your childhood home look like, and what room was your favorite?

3 Describe your relationship with your parents. What did you learn from each of them?

4 Did you have siblings? What was your relationship like growing up?

5 What was a typical family dinner like?

6 What traditions did your family have?

7 Who was the character in your extended family that everyone remembers?

8 What was your neighborhood like? Who did you play with?

9 What was school like for you? Favorite subjects and teachers?

10 What did you dream of becoming when you were young?

Teenage years & coming of age

11 What was high school like for you socially?

12 Tell me about your first job. What did you learn?

13 What music did you listen to as a teenager?

14 Did you have a first love? What was that experience like?

15 What was your relationship with your parents like during your teenage years?

16 What was the biggest trouble you got into?

17 What did you do for fun with your friends?

18 What were your dreams and plans for the future?

19 Did you have a mentor or role model during these years?

20 What historical events affected your teenage years?

Young adulthood & identity

21 What was your first major decision as an adult?

22 How did you meet your spouse/partner?

23 What was your wedding day like?

24 What were your early married years like?

25 How did you choose your career path?

26 What was your first major setback, and how did you handle it?

27 When did you first feel truly independent?

28 What was the happiest period of your young adult life?

29 What friendships from this period lasted? Why do you think they endured?

30 What did you think you had figured out in your twenties that you later reconsidered?

Parenthood & family life

31 How did you feel when you found out you were going to be a parent?

32 What surprised you most about becoming a parent?

33 What values did you most want to instill in your children?

34 What was your proudest moment as a parent?

35 What was your biggest challenge as a parent?

36 How did your relationship with your own parents change after you became a parent?

37 What family traditions did you create or continue?

38 What was a typical family vacation like?

39 How did you balance work and family life?

40 What do you wish you had done differently as a parent?

Career & achievements

41 What accomplishment are you most proud of professionally?

42 Who was the most influential colleague or boss you had?

43 What was your biggest professional failure, and what did it teach you?

44 If you could redo your career, what would you change?

45 What advice would you give someone starting out in your field today?

Reflection & wisdom

46 What belief have you held your entire life, and what belief has changed dramatically?

47 What do you know now that you wish you'd known at 20?

48 What relationships have mattered most in your life?

49 If you could tell your younger self one thing, what would it be?

50 What do you hope your legacy will be?

Your own questions and notes

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Their answers can become a book.

With Meminto, a grandparent or parent answers the same questions at their own pace, by writing or simply by talking. The family adds photos, and the stories become a printed book.



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Spoken answers become editable text.

Their voice in the book
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