



PERSONAL HISTORY

Getting Started

- ✓ **1.** Decide on your goals: Do you want to write a book to sell? Document your story for future descendants, historians, or genealogists? Provide a gift for your family?
- ✓ **2.** Think about influences, events, or stories that you might want to share. Pictures, journals, or keepsakes can help spark memories.
- ✓ **3.** Write as the inspiration and memories come. Don't feel constricted to share things in a certain order and or include everything.
- ✓ **4.** Prefer recording instead? Choose a quiet place to record, free from distractions. Test your equipment. If using video, pay attention to the background and lighting. If recording for personal use, print a transcript. Digital platforms change rapidly.

Sample Questions

- ✓ **1.** What do you remember most about the neighborhood you grew up in and people who lived there?
- ✓ **2.** Describe a typical family dinner. Did you all eat together as a family? Who did the cooking? What were your favorite foods?
- ✓ **3.** What world events had the most impact on you when you were a child (or teen, or adult)? Did any of them personally affect your family?
- ✓ **4.** Of all the things you learned from your parents, what do you feel was the most valuable?
- ✓ **5.** How did you like school? What was your favorite (or least favorite) subject and why? What kinds of activities did you participate in? Describe your friends and acquaintances.
- ✓ **6.** Has there ever been anyone in your life you would consider a kindred spirit or soul mate? Who were they and why did you feel a special bond with them?
- ✓ **7.** What was your profession and how did you choose it?
- ✓ **8.** What were the hardest choices you ever had to make?
- ✓ **9.** What person really changed the course of your life by something they did?
- ✓ **10.** Do you remember any advice or comments that had a big impact on how you lived your life?

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