



# WRITING PROMPTS TO PASS ON YOUR FAMILY HISTORY

Writing is a relaxing activity that stimulates the mind and helps prevent memory loss. It's also a great way to document and preserve your lineage. If you don't have a computer or just prefer to write by hand, purchase a large, durable journal or tape recorder. Try to write at least once a week.

## If you're having trouble getting started, these prompts might get your creative juices flowing:

1. What year were you born in and in what city?
2. Of all the things you learned from your parents, what do you value most?
3. What do you know about your family surname?
4. Are there any physical characteristics that run in your family?
5. Are there any special heirlooms, photos, bibles or memorabilia that have been passed down?
6. What stories have come down to you about your parents? Grandparents? Distant relatives?
7. Are there any stories about famous or infamous relatives?
8. Did you inherit any physical or personality traits from your parents?
9. What recipes have been passed down to you?
10. Where is our family originally from?
11. How did we get to be located where we are today?
12. What was it like when you were growing up compared to now?
13. What did you want to do when you grew up?
14. What was your profession, and how did you choose it?
15. How did you meet your spouse? How did you know you were in love?
16. List 5 facts most people don't know about you.
17. Did you ever get in trouble? How did your parents react?
18. Did you have a pet?
19. What big world events do you remember growing up?
20. What was your favorite toy where you were a kid?
21. How has fashion changed?
22. What is your most embarrassing moment?
23. What was your religion growing up?
24. If you could go anywhere in the world right now, where would it be?
25. What accomplishments are you most proud of?
26. What is the one thing you want people to remember about you?



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