



25 Questions to Ask Someone You Love

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A Guide to Capturing Life Stories That Matter

The best stories aren't about extraordinary events—they're about the everyday details that make a life unique. Use these questions to start meaningful conversations with parents, grandparents, or anyone whose story deserves to be preserved.

Childhood & Early Life

1. What did your childhood home look like? Describe the rooms, the sounds, the smells.
2. What was a typical Saturday like when you were 10 years old?
3. What was your favourite meal your mum or dad made? Can you describe how they made it?
4. What's the biggest trouble you got into as a child?
5. What games did you play with your friends? Where did you play them?

School & Work

6. What was your first day at your first job like? How did you feel?
7. Who was your favourite teacher and what made them special?
8. What career did you dream of as a child? Did you pursue it?
9. What's the hardest job you ever had? What made it difficult?

Love & Relationships

10. Tell me the story of how you met your spouse/partner. What attracted you to them?
11. What was your wedding day like? Describe it from morning to night.
12. Who was your best friend growing up? What did you do together?
13. What was it like becoming a parent for the first time?

Turning Points & Challenges

14. What's the biggest risk you ever took? Would you do it again?
15. What's the hardest decision you've ever had to make?
16. What's something you failed at that taught you an important lesson?
17. If you could go back and give your 25-year-old self one piece of advice, what would it be?

Everyday Life & Memories

18. What's a tradition from your childhood that has disappeared now?
19. What did you do for fun before television/internet? How did you spend evenings?
20. What's your earliest memory? How old were you?
21. What's the most beautiful place you've ever been? What made it special?

Legacy & Wisdom

22. What are you most proud of in your life?
23. What do you hope people remember about you?
24. If you could tell your family one thing they need to know, what would it be?
25. What does a life well-lived mean to you?

Tips for Better Conversations

Record the conversation (with permission) on your phone so you can focus on listening.

Ask follow-up questions: "What did that smell like?" "How did you feel?" "What happened next?"

Be patient with silence — sometimes the best stories come after a pause.

Follow their tangents — the "off topic" stories are often the most revealing.

Don't worry about perfection — a recorded conversation is infinitely better than a perfect story never captured.

Need help capturing these stories professionally?

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