

# MY *legacy* JOURNAL

Wondering how to get started on a legacy journal? Take a look at these categories and questions, and give it a try!

## Youngest Years, Oldest Memories

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- Where did you live growing up? If you moved around, which place made the most impact and why?
- What are the most vivid memories from childhood?
- How did you celebrate your birthdays?
- Who were your best friends, and what was your favorite activity?
- What successes and failures made an impact on you when you were young? What did you learn from these experiences?
- Was there a family member you were closest to?

## Education

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- Describe your school years.
- What classes were your favorites and why?
- Which subjects do you think everyone in our family should study?

## Life Stories

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- How did you meet your husband/wife?
- What was the most difficult situation you faced as a couple?

- What kind of work did you do and how did you end up there?
- Did you have any mentors? Talk about their impact.
- Describe the experience of having your children. What fears did you have?
- What are your favorite family-all-together memories?
- Were there any global events that shaped your life experience, and what were they?
- Describe the places you love to go and why.
- What daily rituals and habits have sustained you over the years?
- What about your life gives you the most joy now?

## Collected Wisdom

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- What values did you learn from your parents? Describe 3 values that have guided your life?
- Give a word of advice for each of your grandchildren.
- Write down 3 life lessons that might be instructive for your children and their children.
- What would you say to your 20-year-old self, 40-year-old-self, 60-year-old self.

## Send Your Love

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- Describe an experience that brought unexpected joy and happiness.
- Write about the traditions and shared experiences with friends and family that you cherish.
- Be grateful: say something about each family member that brings you joy.