



GIFT OF MEMORIES

100 prompts for reflection

A keepsake journal designed to help you capture and treasure your most precious memories. Filled with thoughtful prompts, this book is a perfect gift for yourself or a loved one.

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Brisbane, Australia © 2004

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Let this gift be a bridge between generations. Simple, heartfelt, and priceless.

This Gift of Memories is for you to enjoy revisiting the past, and for someone else to cherish your words in the future.

How to Use This Journal

Look through the questions at your own pace.

You can answer them in any order. Start with the ones that spark a memory or feel easy to begin with.

Answers the questions that apply to you.

If a question doesn't apply, skip it or replace it with one that feels more you.

Write as much as you like.

Each page has space to write, but feel free to continue onto extra pages if a story runs long. There's no limit.

Be personal and detailed.

Go beyond yes/no answers. Describe the sights, sounds, feelings, and people involved. These are your memories and your voice matters.

One question may bring up more than one memory.

Use the space to capture whatever comes to mind. There's no "right" way to do it.

Make it your own.

You can decorate, add photos, draw, or insert keepsakes if you like. This is your memory book.

If writing is difficult use the book as an audio prompt.

You can use this book to help you tell your story into a phone or microphone.

Most of all. Have fun!

1. What was your earliest childhood memory?

2. The first birthday party that you remember?

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3. What was your best present that you remember?

4. Your first memories of a boat, plane, or train trip?

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5. Your favourite toy as a child?

6. What was your favourite food as a child?

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7. What was your most disliked food as a child and do you eat it now?

8. What did you that was naughty and got away with as a child?

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9. Did you have fights with siblings or playmates as a child?

10. Did you move house as a child and how many times?

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11. Did you get pocket money and how much? Did you have to do chores for it?

12. What do you remember about a childhood home and bedroom?

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13. Did you ever meet your great grandparents or their siblings?

14. What are your memories of stories told to you of early generations of your families? Both happy and sad times.

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15. Did you have any brothers or sisters or cousins or other extended family members living with you?

16. What do you remember about your family? Both happy and sad times.

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17. What were your favourite childhood games?

18. What was your favourite pet as a child?

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19. Did you have a favourite story as a child?

20. Did you have a favourite radio program as a child?

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21. Do you have memories of first holiday away from your parents?

22. Do you have any special memories of holidays or trips with your family?

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23. Do you have some memories of people you met when young? Funny or loving?

24. Do you have memory of your favourite person as a child?

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25. What things did you do that children could not do today?

26. What things children do today, that you wish you could have done when you were young?

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27. Your memory of first day of school or early school years?

28. Your memory of your best day at school?

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29. Who were your favourite teachers and what school, grade and years?

30. Did you wear a school uniform at school?

31. Did you have a favourite subject?

32. How did you go to school? Walk, horse, bike, car, bus, train or other and how far?

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33. Who were your best friends when you were growing up?

34. What do you remember about area that you live in as a child?

35. What was the most memorable event or events as a child?

36. What age and grade did you finish school?

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37. Do you remember the first time you traveled alone on public transport?

38. Did you ever go to night school?

39. Did you play sport? What kind of sport and did you win any medals or prizes?

40. What was your first job and where?

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41. What was your best job and where?

42. What job was your worst one?

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43. What were most memorable tales about your working life?

44. How did go to work by bus, train, car, ferry or walk and how long did it take you?

45. How many hours per week did you work?

46. How long were your annual holidays?

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47. What did you do on the weekends or days off?

48. How much did you get for your first pay and in what year was that?

49. Do you remember your last day at work?

50. How old were you when drove a car for the first time?

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51. What model and make was your first car?

52. Do you remember your first date with your partner or your first date?

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53. What special memories of your wedding?

54. Where did you go for your honeymoon?

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55. What was your most memorable thing about your family or partner?

56. Did you have a favourite pastime or hobby?

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57. Do you remember your first house together?

58. What was the most memorable event or events as young adult?

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59. What do you remember about areas that you lived in as young adult?

60. Did you travel overseas at all?

61. Have you traveled anywhere in Australia?

62. Did you go to Expo88 or Olympic Games and if so what was memorable about it?

63. What was your most memorable meal that you ever had and where?

64. Did you ever win a prize in anything?

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65. Did you have long hair at one time? How long? Any pictures?

66. What do you remember of the birth of your children?

67. What do you remember most clearly about your children's weddings?

68. What do you remember about the birth of your first grandchild?

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69. What memories can you share about your parents and happy times together?

70. Who are your favourite movie stars?

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71. What is the best movie that you have seen?

72. Do you have any favourite authors?

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73. What is your favourite kind book do you read?

74. Do you have a favourite TV program?

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75. What is your favourite kind of music?

76. What is the best book that you have read and / or got life changing information from it?

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77. Did you do service for your country / Army, Navy, Air Force or other?

78. Your first house that you bought or lived in was at where?

79. Do you remember how many bedrooms and floor plan of your first house?

80. What was your most favourite outfit of clothes that you can remember?

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81. Did you have a favourite piece of jewellery that you wear? Do you still have it?

82. Do you have any heirloom or favourite recipes that you would like pass on?

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83. What is your favourite colour and smell?

84. What is your favourite sound and sight?

85. What is your favourite flower or tree? Did you ever grow it?

86. Where is your favourite place to visit?

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87. What were you doing the day, 'Man Walked on the Moon' (1969)?

88. Do you have a favourite place or picture to visit in your mind?

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89. What was the funniest thing that you did or saw in your life?

90. What was the craziest thing that you ever did in your life?

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91. What is the saddest memory that you can remember?

92. What is the happiest memories or memory that you can remember?

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93. What was your happiest Christmas and why, where, when and who were with you?

94. Do you have any special annual dates that you remember and why?

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95. Do you have any lucky numbers or colours that are special to you?

96. Is there someone you'll never see again that you still miss? What happened to them, and would you want to try finding them today?

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97. What were the family traditions that you remember?

98. Do you have any seasonal or other traditions that you would like kept going in the family?

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99. What are your most cherished memories not covered here?

100. Do you have any words of wisdom for future generations?

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