5 Questions to Start a Family Conversation

Choose one question, listen closely, and follow the story wherever it leads.

01 What is one of your happiest childhood memories?

02 Who made you feel especially loved or supported growing up?

03 What was a typical day like in your family when you were young?

04 Is there a family tradition or story you hope we never forget?

05 What is something you wish future generations knew about your life?

THE FAMILY STORY PROJECT

FREE PRINTABLE 02

Your Family Story Starter Checklist

A gentle first step toward gathering the memories that matter.

- [ ] **Choose a starting point**
  One person, one memory, or one family branch is enough.

- [ ] **Invite someone to share**
  Ask when they would feel comfortable talking.

- [ ] **Gather a few keepsakes**
  Look for photographs, letters, recipes, or meaningful objects.

- [ ] **Prepare a handful of questions**
  Begin with open-ended questions and make room for surprises.

- [ ] **Decide how to capture the conversation**
  Use notes or a recording, with permission.

- [ ] **Save and label what you collect**
  Include names, dates, places, and where each story came from.

- [ ] **Choose one small next step**
  Plan another conversation or write up one favourite memory.

My first step: _____

A Memory Worth Preserving

You do not have to write an entire family history to save one beautiful story.

Memory title:

Whose memory is this? Who shared it?

When and where did it happen?

Tell the story in your own words:

What makes this memory meaningful?

Recorded by: _____ **Date:** _____