



## *The Journey of A Life*

Welcome to Lasting Legacy Online. We're glad you are here and excited for you to start sharing your story. Print off our 75 question guide to help get you started. These questions correspond with prompted guides online or can be used simply as a guide to get you started writing your own story. If you get stuck or have questions, please reach out to us at [Elaine@LastingLegacyOnline.com](mailto:Elaine@LastingLegacyOnline.com)

Sincerely,

**Howard & Elaine Schwartz**, Co-Founders, LastingLegacyOnline.com

## *The Journey of Your Life*

The story of your life is what you lovingly pass on to future generations so they may have a "small piece" of real history about their family heritage. This is a gift from one's self and can never be replicated.



Contemplate the questions before you answer them. If something doesn't apply, leave it blank. If you don't want to answer a question, skip it.

To make your stories more meaningful, add photos, describe details such as smells, sounds, colors, shapes, textures, and flavors. Make the reader "see" you and your personality through your words. Provide as many examples as you deem appropriate.

Sometimes, delving into the past can elicit unpleasant and painful memories. You don't have to write about those memories but if it helps to do so, try and write them in the way that made you who you are. Overcoming adversity and being responsible for our actions are some of the greatest lessons life is able to teach us. If it is too difficult, skip to the next question. Remember that writing can be therapeutic and future generations will be interested in your evolution. Your story may unite, resonate, or touch a chord with your readers. Family or not.

Remember, telling the story of one's life is to help reveal and preserve for others the essence of one's life and the insights you have collected throughout the years. The story of your life is a priceless legacy for future generations.

This time of reflection will not only benefit your loved ones, but also you. You will gain more wisdom and insight into who you are. The time you spend recording your memories and reflections will be transformed into an unforgettable connection to your family and future generations.

Try to convey your life goals, your hidden dreams and how you acted upon them. Describe the concept of yourself in your stories, what shaped your personality and how you perceived yourself then and now. You may begin to think that the details of your memories are not important, but that's far from true. Many people leave material wealth, but seldom a package of memories of their lives.



Remembering so we don't forget; that's what you are doing. Unless we preserve our stories, they will be lost over time. Your writing may certainly become legends handed down through time. Try to portray yourself as a whole person, your inner fears, your longings, and aspirations. If you are having trouble remembering specific descriptions, think about "things" in your past and what they meant to you. Not just material objects, but rather repositories of memories often rich with emotional significance.

When one of these memories resurfaces, write it down in the question that seems most appropriate. You can go to Edit on the tool bar, then Find, and type word(s) that might be asked in a question about your memory.

Your "Lasting Legacy" is meant to be a combined autobiography, memoir, and ethical will. You should write about what you want others to know about you. Some of your history has individual stories, with a plot, a climax and a moral. If you want your legacy to contain more "memoirs" than written as an autobiography, write the answers to the questions with a theme in mind, and write about them in a way that emphasizes your values.

As you finish writing your life stories, remember the legend and theory about the "Butterfly Effect." Through the years we have been touched by many lives and our life has touched others. Keep this in mind as you navigate your way through the site. What you write will become legend to those who love and cherish you most.



# *75 Question Guide*

## *The Early Years of My Childhood*

1. What was your birth date and what time were you born, if you know?
2. What city, state or country were you born in?
3. What was your father's name?
4. What was your mother's name?
5. What were your grandparent's names?
6. If you knew your grandparents, describe them in a few paragraphs. Examples: visiting their home, spending time together, going places together.
7. Were you the only child born to your parents? If not, what was your birth order?
8. If applicable, describe your siblings and share their birthdates.
9. What was your earliest childhood memory?
10. Describe your most vivid childhood memory.
11. What was your fondest childhood memory?
12. Describe what you remember most about your parents or the person(s) who raised you.
13. What attribute or value did you most appreciate about each of your parents?
14. What childhood memory or tradition did your parents or other family member(s) impart upon you that you passed along to your own family members?



## *My Adolescent and Early School Years*

15. Describe where you went to school
16. What were the name(s) of your favorite teachers? Do you have a particular memory from elementary school that still resonates with you today? Do you remember how many students were in your class? What was your favorite subject?
17. Detail what you enjoyed most, or least, about the school you attended.
18. What was the name of your best friend? What do you remember most about him/her?
19. Did you suffer from any childhood illnesses? If so, who would take care of you, and what food did you eat to feel better?
20. Where did you go after school? Did you go home, to a relative's, or stay somewhere else? Did you have chores or other responsibilities?
21. During the summers of your younger childhood years (before high school) what would you do? Where would you go? What was your favorite thing to do?



## *Coming of Age - My Teenage Years and early Twenties*

22. Describe when you felt like an adult for the first time.
23. Talk about your closest friendships in high school. What did you do together? How long did these friendships last? What did you and your friends do on the weekends?
24. What other activities at school were you involved with other than classes?
25. Did you have a “rites of passage” into adulthood with a special faith or family celebration? If so, describe what happened and when spirituality became important to you.
26. If you graduated from high school, describe the graduation. Who came? Did you have a party afterwards to celebrate?
27. What do you remember about your first job? Where was it at and what did you do? Did you enjoy it, or was it simply a means to making money?
28. Where did you live when you moved out of the family home where you were raised?
29. If you attended college, where did you go? How did you make the decision of which college to attend?
30. Did you meet someone important to you at university?
31. Are you married? If so, are you married to your first spouse? If not, how long did that relationship last? What is your relationship status now?
32. If you wish to expand upon your relationship, such as your engagement, wedding or honeymoon, please feel free to do so here.



## *My Adulthood*

33. Do you have children? If so, how many?
34. Describe what you remember about the births of your children, raising them, and any other special memories of when they were little. If you did not have children, was there someone in your life that was equally as important to you?
35. Describe special memories about each of your children or other special members of the family, such as a prized pet. Share a specific event for each one and what made them unique.
36. Describe your work life, what you did, where you worked, and how long you worked there. Include what you feel to be the most important or significant position you ever held and why.
37. During your young adulthood years, what did you do during the hours you weren't working?
38. Describe the individuals in your life who were particularly important to you (at this point in your life).
39. What would you consider to be your greatest professional accomplishment?
40. What would you consider to be your greatest personal accomplishment?
41. If you made some type of positive impact on your community, your state, or nation, that you would like future generations to know about, describe it here.



## *Life Memories & Favorite Things*

42. Did you have a green thumb or other “creative” talents? If so, what were they?
43. What is your favorite color? What is your favorite song?
44. Do you have a particular life lesson or saying that you wish to pass down to others?
45. If you are able to do so, name at least three people who made a significant impact upon your life and why.
46. If you ever attended family reunions, tell where they were and what you remember about them. What were some of the last names other than yours at these reunions?
47. Did you have any superstitions in your life, i.e. with sports, or ones handed down through the generations before you? If so, describe them in detail.
48. What was your favorite meal as a child and who made it?
49. What was your children or other family member’s favorite meal of yours?
50. Did you routinely read a newspaper or listen/watch the news? If so, which one was it?
51. What did you feel was important to teach the people you care?
52. Were there lessons or traditions handed down from a previous generation to you which you still cherish today?
53. Throughout your life what was your favorite holiday? How did you celebrate?
54. Describe the best place in the world you ever visited and what you liked about it.
55. Describe someplace you always wanted to visit and why.
56. When was the most satisfying period of your life?



57. If you went through a particularly difficult time, when was it and why did it occur? How did you overcome the adversity?
58. If you ever had a cause you worked for or a volunteer effort that was important to you, describe it.
59. Describe your political experiences or beliefs. If you had a party affiliation, which one was it?
60. Did you ever experience a moment in your life when you felt enlightened? If so, when was it?
61. What traits do your children embody that are stereotypically yours?
62. What did you feel was the most important life lesson to teach your children?
63. What activities did your children participate in that you either participated in or gave them encouragement for?

### *My Golden Late Life Years*

64. If you still have a mate, what have you learned about him/her over the years that you didn't know when you were first united?
65. Of all the places you have lived, which has been your favorite?
66. If you retired from an occupation, describe how you spent your retirement days and evenings.
67. If grandchildren came into your life, describe memories of the first one and each one thereafter.
68. What is one thing you feel most important for your grandchildren to understand about you?
69. What do you appreciate about culture today vs. when you were growing up?
70. Describe an unfulfilled dream.



## *The Final Chapter*

71. If you are in the final stage of your life due to an illness, describe how it came about, and your acceptance of it now.
72. If you are not terminally ill but you are in the years considered as “old age,” what are your hopes for the future? Is there anything you still wish to accomplish?
73. As you look back on your life, what are you most proud of? What are your fondest memories as an adult?
74. What advice or favorite sayings would you give members of your family?

## *National and World Event Memories*

75. Many of us remember exactly what we were doing when an event occurred that “shook the world.” Examples may be when man first stepped on the moon, when JFK was shot, or when the World Trade Centers in New York were struck by terrorists. Did any national event occur during your lifetime that made you reevaluate your own life and/or what was important to you?
76. How did the events of COVID-19 re-shape your family dynamics? How did it alter the course of your own life?



## *Family Tree*

If you know or have a chart of your family tree and ancestry, upload it to your story, or add a link to your online family tree.

## *Medical History*

List your major diseases and hospitalizations. List the diseases or medical history and cause of death of your parents and grandparents.

## *Epilogue*

Finish your story with a final paragraph or paragraphs that relate to your closing thoughts about writing your life story. You can summarize your insights, your aspirations, and your feelings about life, about living, or about an endeavor you will continue to pursue. You can make it sound like your final thoughts, or just the beginning of another venture to your life, knowing you will have many more chapters to write.



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## *The Family Tree of Names - more info*

What's in a name? When we are born our names are created on a bracelet around our wrist. When we die, it is carved in stone and claims a place to dwell forever. The first words we utter as infants are mama and dada. The first words we learn to write are our names. We design and define our names even though they were chosen not by us. When we sign our correspondence, or a binding legal document, we sign our names. We could be lost in a crowd of hundreds, and found, when we hear our own name.

If you were named after someone and they were alive, did you get close to that person, or feel pressured to because of your name? If you were not named after someone, do you know why you were named? Did you have a nickname and how did you come by it?

Names are also part of our "Family Tree". Using the far recesses of your memory list first the grandparents as far back as you can remember, or have been told about, and then list their children and their children and so on. Names also sometimes give indications of our racial heritage, which may be important to future generations. List the ones you know: My paternal grandmother was white, black, Hispanic, Asian, etc. My paternal grandfather was white, black, Hispanic, Asian, etc. My maternal grandmother was white, black, Hispanic, Asian, etc. My



maternal grandfather was white, black, Hispanic, Asian, etc. My (biological) mother was white, black, Hispanic, Asian, etc. My (biological) father was white, black, Hispanic, Asian, etc.

## *My Medical History - more info*

Another important personal history to generations to come may be the medical history of yourself and your family. My grandparents' major diseases and causes of death: My parents' major diseases and causes of death (if applicable): My siblings' major diseases/illnesses and causes of death, (if applicable): My Childhood Diseases: Major Illnesses: Hospitalizations: Allergies: Average life Height and Weight, Eyes and Hair Color: List any other pertinent information you would like to pass on to future generations about yourself or your ancestors.