

## TELL YOUR STORY

Make the most of your pandemic social distancing and write “Your Story” and share it with your family. So many friends lament that they wish they could sit with their parents or grandparents and ask all the questions they never did. If I could have a day with one person who has passed away, it would be my father who died right after his 60<sup>th</sup> birthday 45 years ago this month. I have so many unanswered questions and no family to give me the details.

So, now it’s your chance to do something special for your family. And technology has made it very simple. There are many free applications that you can use. If you have a tablet or computer, most of them now have a “Speech to Text” feature in Microsoft Word or on Apple tools. All you do is talk into the device and your words are converted to a document. Then you can edit and save and share with your family.

If that’s not your thing, then get a notebook and start writing your story by hand or just typing on your computer. The key is “JUST DO IT!” Your family will be so grateful.

Here is a list of questions that you can use to gather your thoughts. Don’t delay – start today and make your family thankful. And if you have family pictures tucked away, pull them out, and write names and dates on the back.

Some of these may be geared more toward parents and grandparents while others may work better for siblings and cousins. And of course, there’s always the universal, “What are you most thankful for?”

1. How did you first meet your significant other?
2. What did you do for Thanksgiving when you were a kid?
3. What’s your favorite place you’ve visited?
4. How was your name chosen?
5. What’s your favorite way to give back and help others?
6. What did you want to be when you were growing up?
7. Do you remember your first kiss?
8. What’s the hardest part about being a parent?
9. What’s your favorite thing about being a parent?
10. If you could travel anywhere in the world, where would you go?
11. What would you do if you won the lottery?
12. When did you know you’d found “the one”?
13. How did you choose your children’s names?
14. Who was your favorite teacher and why?
15. Do you think it’s easier or harder to be a parent now than when you were raising children?
16. What were you like in high school?
17. What’s your earliest memory?
18. What does your ideal Saturday look like?

19. What's your biggest hope for your children?
20. What do you wish you spent less time doing?
21. Do you consider yourself an introvert or extrovert?
22. What fictional place would you most want to visit?
23. What do you remember getting for Christmas when you were younger?
24. How would you like to see the world change in the next 10 years?
25. Did your political views change when you had children?
26. What subject do you wish you'd studied more in school?
27. What's an event in U.S. history you'll never forget living through?
28. What was your favorite band in high school?
29. What's your favorite drink and why?
30. What do you remember most about your wedding day?
31. Would you rather time travel 100 years into the past or into the future?
32. Who did you look up to the most when you were a child and teen?
33. If you could have a different name, what would you pick?
34. What's your favorite place you've lived?
35. What's your favorite family tradition?