

Write your Personal History

1. Write about your name. Where did it come from?
2. When and where were you born?
3. Write about your parents. What would you like people to know?
4. Do you have siblings? Write about them.
5. Where did you grow up? What do you remember about this place?
6. Think about your house growing up, what was it like?
7. What was your bedroom like?
8. What was your favorite activity as a child?
9. What was your favorite place as a child?
10. Who were your friends as a child?
11. Did you travel as a child? Where were your favorite places to visit?
12. What did a typical day look like as a kid?
13. What did a typical day look like as a teen?
14. What was high school like for you?
15. What world events were significant to you as a child?
16. Write about your grandparents.
17. Write about your aunts and uncles.
18. Write about your cousins.
19. What was your favorite subject in school?
20. Was there a teacher that stood out?
21. Did you move as a child? Write about it
22. What was your favorite food as a child?
23. Write about your most memorable birthday.
24. How did you typically celebrate your birthday?
25. Write about your favorite holiday memory.
26. What was the hardest part about growing up?
27. When did you first leave home?
28. What did your parents do for work?
29. What was your first job?
30. What was your favorite family story?
31. Write about a funny story that has been passed down through the generations.
32. What were you most proud of as a child?
33. What did you want to be/do when you grew up? Did you become it?
34. Who inspired you as you matured?
35. What job has been your favorite?
36. What was the best part of your 20s?
37. What was the best part of your 30s?
38. Are you in a relationship? How did you meet your significant other?
39. Did you have boy/girl friends as a youth?
40. Do you have kids? Write about them.
41. What are you most proud of as an adult?
42. Where's the most fascinating place you've visited?
43. What is the one thing about today that you never want to forget?
44. What item will you cross off your bucket list next?
45. What advice would you give your younger self?