

Family Heritage and The Early Years

1	What is your full name?
2	Were you named after anyone?
3	Where and when were you born?
4	Do you know what time of the day you were born?
5	Where did you live during your pre-school years?
6	What were your parents' names and birthdays?
7	Where did they grow up?
8	How did they meet? How old were they when they met?
9	How old were your parents when you were born?
10	Were you their first born or did you have older siblings?
11	Tell me about your mother? What was she like?
12	Did your mother work or was she a stay-at-home mum?
13	Did she have any hobbies?
14	Tell me about your father? What was he like?
15	What did he do for a job?
16	Did he have any hobbies?
17	How far back can you trace your ancestry?
18	Who were the first members of your family to settle in the area that you grew up in?
19	Tell me about your maternal grandparents?
20	Did you spend much time with them?
21	Tell me about your paternal grandparents?
22	Did you spend much time with them?
23	Did your two sets of grandparents know each other before your parents met?
24	You mentioned that you have siblings. Tell me a bit about each of them.
25	What are some of your earliest memories?
26	Do you have a favourite baby photo of yourself? Describe yourself in that photo - happy, smiling, crying, serious?
27	Do you have any stories about what you were like when you were a baby?
28	What languages were spoken in your home and amongst your immediate family?
29	Who were the family members who spoke a language other than English?
30	Take me back to your earliest memories of Christmas
31	Do you have a sense of how well you slept as a baby?
32	Which members of your family do you most resemble? Appearance, interests, personality, etc
33	Was there a member of your extended family who was a bit "out there" in the way they behaved.
34	Do you have any memories of significant news events from before you started school?

The Young Child

1	Did you have a nickname when you were growing up?
2	What were your favourite toys when you were a young child
3	What about books - did you have any favourites
4	Were you encouraged to read at home? Did your parents read to you?
5	What some of your favourite games?
6	When you were growing up, did you have any favourite foods? Were there any that you refused to eat?
7	Where did you go to primary school?
8	How did you get to school each day?
9	Was that in the same neighbourhood as your earliest years?
10	We are going back a lot of years - have you been back to the neighbourhood? If so, how has the area changed?
11	Thinking about the house you lived in during your primary school years, describe the house. Did you have your own room or did you have to share.
12	Did you have any pets during these years?
13	What were some of the chores you were required to do?
14	Did you get pocket money? If so, do you remember how much?
15	Do you remember what your favourite lollies were?
16	Thinking about your days at primary school, do you remember the names of a few of your best friends? Do you stay in contact with any of them now?
17	What were your favourite subjects at primary school?
18	When you went outside at recess and lunchtime, what did you do? Did you play games? If so, what did you play?
19	Do you have any songs that bring back a specific memory of your primary school years?
20	Was there a particular teacher who impacted on you positively or inspired you?
21	Did you have any favourite clothes that you loved wearing?
22	Did you have a favourite animal when you were growing up?
23	When you went on a family outing what would you do?
24	Do you remember any holidays from when you were young?
25	What were your favourite TV shows during primary school?
26	What sort of music were you listening to in grade 5 and 6?
27	Was there a particular news story that you recall from your primary school years?
28	Describe one of your favourite memories of when you were primary school age
29	If I had have asked you what you wanted to be when you grow up when you were say, 8 or 9, what would you have said?
30	When you were 11 or 12, you moved on to secondary school. Which school?
31	Did many of your primary school mates go to the same school as you?
32	How did you go moving from a familiar environment where you had been one of the biggest kids in the school to being one of the smallest in a big pond?
33	Was the first time you had to wear uniform?

34	Did moving onto to secondary school mean you had to travel further each day?
35	How did you get to secondary school each day?
36	How did secondary school differ to primary school for you?
37	Think back to year 7 or 8 - did you enjoy school?
38	Tell me the names of a couple of your best friends from those couple of years. Do you keep in contact?
39	What were the lunchtime activities at secondary school, especially in those early years?

Teenage Years and Early Adulthood

1	Most kids become a teenager in year 8 or 9. What school year were you in when you turned 13.
2	Were you still living in the same house you had always lived in?
3	What were your favourite subjects in the middle years of secondary school. Were they different to things you liked best in primary school?
4	Describe what a normal "after school / evening" looked like.
5	Did you have any extra-curricular activities that required you to go somewhere after school?
6	Take me back to one of your most vivid memories of the middle years at secondary school
7	If I could ask your parents to describe you as a teenager, what would they have said about you?
8	What was a normal evening meal at your house?
9	Were there any phrases or slang words that you remember from those days? Do you still use any of them?
10	If you went to a friend's place after school, what would you do to entertain yourselves?
11	What would you say was one of the more difficult aspects of your teenage life?
12	Were you sharing a room when you were a teenager?
13	Do you remember the name of your first girlfriend / boyfriend and how you met them?
14	Where would you go if you wanted to spend time together?
15	What were your favourite TV shows in your early to mid-teens?
16	What about music - favourite performers, bands, etc?
17	What is your favourite album of that era? Do you still have it in your collection?
18	What are three TV commercials or advertising slogans you remember from back in those days?
19	What were some of your favourite movies when you were at that age?
20	Do you remember a particularly happy or difficult day when you were in your early-to-mid teens?
21	We are now up to the final couple of years of secondary school - 16 or 17 years of age. What did you want to be when you grew up?
22	What subjects did you choose in your final years of secondary school?
23	What were some of the big news stories from when you were a teenager?
24	Tell me about someone who had a major positive influence on you.
25	Describe a moment from your teenage years that was embarrassing for you
26	If I told you back then that you could take five things with you into the future, what would they have been? Think time capsule.
27	What were you really good at?
28	What something that you weren't really good at but you wished you were
29	Describe five things that were really commonplace in those days but are now obsolete
30	How old were you when you first lost someone special? Describe what that was like for you?
31	Do you remember your first concert? Who was it and where?
32	Did you play sport? What sports and for which clubs?
33	Did you have a part-time job during secondary school?
34	After you finished at secondary school, what was next?

35	Did you go onto tertiary education? If so, what did you study?
36	What was life like during those first few years after leaving school?
37	Did you continue to live at home with your parents or did you move out straightaway?
38	When did you learn to drive?
39	What was your first car?
40	Do you remember how much you paid for your first car?
41	How did you support yourself during those first few years out of school, especially if you went onto further study?
42	At what age, did you end up leaving home?
43	Did you move in with mates or live by yourself?
44	At what age did you meet your future partner for the first time?
45	How did you meet?
46	At what stage did you move into together?
47	Did you get married before you moved in together?
48	if you went out on a Friday or Saturday night, where would you go?
49	What was your favourite alcoholic drink in those years?

Marriage, Kids and Career

1	At what stage did you decide that you had found "the one"?
2	When you got married / moved in to together, where did you first live?
3	Did you go anywhere exciting for a holiday together?
4	If you could have gone somewhere with your partner before life got busy, where would you have gone?
5	What was your first proper job?
6	What did your partner do?
7	Did you work together?
8	Tell me about your wedding day - when was it, where was it and how did the day unfold?
9	Did you and your partner get to meet each other's grandparents?
10	What sort of car were you driving when you first started living together?
11	How old were you when you purchased your first home? Where was that and do you remember how much you paid?
12	How long did you stay in that home - or are you still living there?
13	How often did you visit each other's parents in those early years together?
14	Do you recall any significant news stories from those early years together?
15	Did you do everything together or did you have independent interests?
16	What was the most physically demanding activity that you ever completed?
17	Tell me about your career path? Did you make it into the job that you imagined you would?
18	Did you stay doing the same kind of work? If not, what changed? What was the spark for you to do something else?
19	Did you stay living in the same house throughout your working life?
20	Who have you worked for during your career?
21	Tell me about the moment you found out you were going to be a parent?
22	How do you remember the months between finding out and the birth of your first child?
23	Tell me about the day your first child was born.
24	What did you name your first born? Do you recall why you chose those names?
25	How old were you when you first became a parent? How old was your partner?
26	Tell me about the house to which your first child came home to?
27	If I was to visit your home during the first few years of you being a parent, what would expect to eat?
28	Did you have additional children - if so, how many, what age were you and the other child(ren).
29	Was the experience different the second time? Did you feel more in control of the situation?
30	What was your favourite thing to do with your child(ren) when they were very young?
31	Tell me about your children now - how old, what are they doing, etc?
32	Did your work make parenting difficult with travel, childcare, conflicting priorities, etc?
33	Do you have a favourite family holiday?
34	Sadly, a significant proportion of marriages and other relationships don't survive through the years? Did yours?
35	If not, have you re-partnered? How did you meet your new partner?
36	Coming back and focusing on you as an adult, what do you love doing?

37	What are the three best concerts you have been to as an adult?
38	What are five foods you could happily never eat again?
39	What is your favourite drink ?
40	What are the three things you value most in other people?
41	What has been the toughest thing you have had to do?
42	Who is someone who you admire - celebrity or not?
43	How many countries have you visited? Do you have a favourite that you could go back and live in?
44	What is a skill you have that some people would be surprised to know about?
45	What is something that scares you
46	If you were able to sit down and chat to your 16-year-old self, what would you tell them?
47	What would they think of how you turned out?

Post-Career and Wisdom

1	Have you retired yet? If not, do you plan to?
2	If so, what was the spark that helped you make that decision?
3	Are you a grandparent? If so, tell us about your grandkids and how being a grandparent is different to being a parent?
4	How do you fill in your day?
5	What gets you out of bed in the morning?
6	Have you joined any clubs or volunteer organisations?
7	If I was visiting your house for dinner, what could expect to be eating and drinking?
8	What music would you be playing?
9	If you could nominate an additional four people - living or dead - to join us for that dinner, who am I meeting?
10	Excluding people and pets, if you had to save three things from a house fire what would they be
11	Of all the cars you have owned, do you have a favourite?
12	How many homes have you lived in over the years?
13	If money wasn't an object, where would you love to live for the next two years?
14	Tell about three things that make you feel proud
15	What is your favourite time of the year?
16	If you could change one thing about yourself, what would it be?
17	If you could change one thing about the world, what would it be?
18	Tell me about a memory that always makes you smile
19	If you could pick one year in your life that is a favourite, which one would it be?
20	What are three things you learned from a grandparent?
21	What is arguably the biggest pivotal event that changed your life?
22	If you have a day to spend by yourself, what would you choose to do?
23	Name five places you've never been to and would like to visit and why?
24	How do you want people to remember you?
25	If you won \$5M in a lottery, what would do with it?
26	If you could travel back to any day in history, which day would you choose and why?
27	If there was a movie made about your life, what is it called and who plays you?
28	What are your spiritual or philosophical beliefs? How do they impact on your daily life?
29	I hope there are still things you want to achieve in life - what are they?
30	I hosted a podcast called WOWpod - the Words of Wisdom podcast. When recording an episode, my guest was asked to provide me with three pieces of wisdom they have learned. What are your three?
31	If you could have one skill that you don't have, what would it be?
32	Is there anyone - living or dead - that you would have liked to have met?
33	If you had an hour with that person, what would you talk about?
34	if you think about all the advice you have received over the years, if you had to pass on one piece advice to your kids or grandkids, what would it be?