

The Life Chronicles — 30 Story Starters

Quick prompts to spark rich, personal interviews. Use them as a menu—skip any that don't fit.

How to use

- **Pick 5–8 prompts** that feel right. Let the conversation wander.
- **Ask follow-ups:** “What happened next?”, “How did that feel?”, “What did you learn?”
- **Capture clearly:** quiet room, phone on airplane mode, mic close to the speaker.
- **Privacy first:** agree who can hear/see the final story and where it's stored.

Prompts by theme

Childhood & Home

- What's your earliest memory? What makes it stick in your mind?
- Describe your childhood home—sights, smells, sounds.
- Who raised you? What's one lesson they gave you that you still keep?
- What games, chores, or routines defined your early years?

School & Growing Up

- Who was a teacher or mentor who changed how you see the world?
- What were you like as a teenager? What mattered most to you then?
- Tell me about a risk you took when you were young. How did it shape you?

Work & Craft

- What was your first job? What did it teach you about people?
- Describe a time you felt proud of your work—what happened?
- If you could give career advice to your younger self, what would it be?

Love, Family, Relationships

- How did you meet someone important in your life? What did you first notice?
- What traditions or small rituals made your family feel like home?
- What's a parenting (or life) lesson you tried to pass on?

Places & Journeys

- Where have you felt most at home in the world—and why?
- Tell me about a journey or move that changed your perspective.
- Is there a place you'd like future generations to know about?

Culture & Traditions

- What foods, songs, or holidays carry special meaning for you?
- Who kept traditions alive in your family? How did they do it?
- What would you like preserved from your culture for grandkids to experience?

Challenges & Resilience

- What was a hard season in your life, and how did you get through it?
- Who (or what) helped you keep going when it wasn't easy?
- What did adversity teach you about yourself?

Little Things, Big Meaning

- Tell me about an ordinary day you remember vividly—what makes it stand out?
- Is there an object, photo, or smell that brings a flood of memories?
- What's a small habit or saying that has stayed with you for years?

Wisdom & Hopes

- What's a belief or principle that guides your decisions today?
- What do you hope your family remembers about you?
- If you could record a short message for future generations, what would you say?

Wildcards

- What's a story you've never told fully—but want to get on the record?
- If your life were a book, what would the current chapter be called—and why?
- What surprised you about getting older?

Recording checklist

- Choose a quiet space; turn off fans/AC nearby; silence phones.
- If using a phone, record in Voice Memos (or similar) at high quality; keep mic 20–30 cm from the speaker.
- If filming, put camera at eye level, use window light from the side, and monitor audio with headphones.
- Get consent: confirm who can see/hear the result and where files will be stored.
- Backup: copy files to two places (e.g., cloud + external drive) the same day.

Want help shaping your family's story into a private film or podcast? Visit thelifechronicles.com to see options or book a short intro call.