

HERE'S HOW YOU CAN LEAVE YOUR MARK ONE STORY AT A TIME

Ideas to get you started writing a slice of your life

STORIES ABOUT YOUR FIRST SCHOOL EXPERIENCE

1. Did you go to Kindergarten when you were little? Can you remember your first day?
2. What was the name of your elementary school? Where was it located?
3. What subjects did the children study in school when you first started? Which subject did you enjoy the most?
4. Were you especially good at any particular subject? What?
5. Did that talent stay with you throughout your life?
6. What single grade especially stands out in your mind? Why?
7. Did you have a crush on any elementary teacher? What grade? What teacher?

STORIES ABOUT BROTHERS & SISTERS

1. What mischief story can you recall about trouble you got into with your siblings?
2. What about arguments and fights with your brothers and sisters? Were there any memorable ones?
3. How did your parents handle you kids fighting or arguing? Explain.
4. Write about one memorable spanking you received. What were the circumstances?
5. Which of your parents carried out most of the discipline? 6. What was their favorite method of punishment/discipline?

STORIES ABOUT YOUR CHILDHOOD CHORES AND GAMES

1. Did you have any chores around the house you had to do? Describe in detail one chore you had to do on a typical day.
2. Were you good at sports or games? Recall some of the games you played. List them, then write the rules you remember. Tell us how you played that game.
3. Picture in your mind one of those games. Who are the other kids you are playing with? Name them. Describe them.
4. Write about one memorable game that you will never forget. What were the circumstances? 5. Were your parents ever involved with you in playing sports? Explain.

5. Did your parents ever take you to major league sports? What sport? What stadium?
6. Describe your feelings the first time you stepped out into a major league stadium up in the stands.

STORIES ABOUT YOUR DREAMS AND AMBITIONS

1. Did you have any memorable dreams as a child? Describe in detail one dream you had that impacted your life.
2. Write about the earliest dream you can remember?
3. What were your childhood ambitions, what you wanted to be when you grew up?
4. What did you say to grown ups when they asked, "What do you want to be when you grow up?"
5. Explain what happened to that ambition.

STORIES ABOUT A TYPICAL SUNDAY

Think back to a typical Sunday in your family when you were growing up. Reminisce and write what an average Sunday was like in your home. For example, when did you get up, what did you do, when and what did you eat, who prepared the food, did you go to church, when was the big meal of the day, who was there, what did you do for entertainment, what went on in the afternoons, and evenings?

YOUR LIFE DURING THE MIDDLE YEARS

1. Write about the biggest change you went through in your middle years.
2. What happened during that time? What were you questioning and what did you do?
3. What is it that you wanted to do in life that you felt you had not done? Write about any regrets. Write about no regrets.
4. What were the strengths of your middle years? Explain.
5. Write about two experiences you learned in your middle years that made you happier and more secure.
6. What was your most important achievement during your middle years? Explain why.

STORIES ABOUT FEELINGS & IMPRESSIONS OF BEING A GRANDPARENT

1. There are probably special memories associated with your first grandchild. What are they? they?
2. Describe your feelings when you first became a grandparent.
3. Did being a grandparent change the way you thought about yourself?
4. What did you actually do when you first heard the news of your first grandchild?
5. Describe the personalities of your various grandchildren. What kinds (temperament) do each of them have?
6. Write a brief funny story about each of your grandkids.

MORE FEELINGS & IMPRESSIONS OF BEING A GRANDPARENT

1. What is your opinion of the way children are being raised today?
2. What would you say is the biggest difference between the way you were raised and the way children are being raised today?
3. What is the difference between how you raised your children and how they are-raising their children?
4. Do you think your childhood was better than that of your grandchildren? Explain.
5. Do children have it easier than you did when you were young?
6. In what ways do you think they have it easier. What ways do you think they have it tougher?

STORIES ABOUT CULTURAL & HISTORICAL EVENTS

1. Write about the first time you traveled on a train. What was the experience like?
2. What did the first phones look like when you were a kid? How did they work?
3. What was an ice box like? How long did things stay cold, and where did the ice come from?
4. Describe the experience of your first plane ride. Where did you go? What was the occasion?
5. Who was the first president you remember? What memory do you have of that president? Did you ever see a president in person? Who? Explain the occasion.

6. What election did you first vote in? What were some of the issues of the day?

STORES ABOUT THE POPULAR CULTURE

1. Can you identify any television shows that have made an impact on you? What was powerful about them?
2. How did the characters affect you and why? Describe how you would characterize the kind and quality of stories being told in the popular culture.
3. What values recur in these stories? Has this changed in your lifetime? Explain.
4. What popular media stories are you drawn to? Which disturb you? What does this reveal about you?
5. What are some of the favorite things you did for amusement when you were young? What do you do now for amusement?
6. What are some of the great plays and who are the great actors you have seen in live performance in your lifetime?

STORIES ABOUT YOUR DEEPER RELATIONSHIPS

1. What lesson in life did you learn the hard way?
2. Describe a time when your life took an unpredictable turn.
3. Who do you think of when you imagine someone saying to you, *I believe in you*. Now write of a slice of life when knowing this belief made a difference.
4. Tell about a friend from each major stage of your life, and let us know why you think of that person as your friend.
5. What slice of your life would you like your children to know that shed light on what has meant the most to you?
6. What do you wish you could have asked your parents? What message would you like to send to your mother? Your Father?

STORIES ABOUT YOUR LIFE

1. As you look back over your life what threads do you recognize?
2. So far, what are your sacred moments that come to mind?
3. Write about several moments in your life that touched your deepest feelings.
4. What one thing did you save that belonged to your parents. As you look at it, what do you think? What are your feelings when you touch it?
5. Write about a time when you went through a spiritual crisis.

6. Write about some places of beauty that touches your heart and that you cherish even to this day.

MORE STORIES ABOUT YOUR LIFE

1. What is the most surprising gift you ever received? Explain the circumstance around receiving this gift.
2. What is the most enjoyable gift you gave to someone else? Explain.
3. Write of several qualities of your grandparents that you would most like your grandchildren to possess.
4. Write about the greatest peer pressure you felt as a teen since your grandkids feel it every day.
5. Write about the hardest phone call you ever made. Write about the hardest letter you ever wrote. How about the hardest received?
6. Write about the worst rejection you experienced as a teenager. How did you handle the situation?

WRITING YOUR DEEPER THOUGHTS AND FEELINGS

1. Write about how your family handled the bad times during your early years: divorce, death, arguments, lawsuits, estrangements.
2. Were there any cautionary tales within your family when you were growing up? Write about one.
3. Write of one specific time when you felt hopeless and alone. What helped you through the experience? As you write, think of how best your grandchildren can learn from this experience.
4. When you were a kid who could you always go to for honest answers? Explain who, explain why.
5. Write of a single experience out of your past that found you caring and supportive of someone who was going through difficult times.
6. Write of an instance when time seemed to stop and you knew you were part of a moment that held great significance.

WRITE ABOUT YOUR COMMON EVERY DAY EXPERIENCES

1. Write about an experience in your early days when prayer made the difference.
2. A football coach once said, "We learn almost nothing in victory, but we learn much in defeat." Write a slice of your life about a defeat that taught you an incredible lesson.

3. Write about a teenage experience that found you laughing so hard that you cried.
4. Write a slice of a disastrous project you and your spouse had of redecorating a room in your house.
5. Write about the most unusual party you ever attended.
6. How old were you when you had your first real date? Describe the experience for your grandchildren.

YOUR THOUGHTS ABOUT DEATH

1. What is it about death that you fear the most? Write why you feel this way.
2. What concerns do you have how your death will affect your children and grandchildren?
3. Write how you would choose to die plus the timing. Explain why.
4. Explain to your children some of the things you want to experience before you die. Write a list. Explain why.
5. Share your feelings about being left alone should your spouse die first.
6. What apprehensions do you have about suffering? How will you explain these feelings to your grandchildren?

YOUR THOUGHTS ABOUT ROMANCE

1. Write about a time when you and your new bride had an experience that was fun, wild, and spontaneous.
2. Write about a time when you and your new groom had an experience that was fun, wild, and spontaneous.
3. Make a list for your grandchildren of some things you currently consider romantic.
4. Describe a getaway experience you and your spouse had that was memorable.
5. Write about an early experience when you and your spouse were aggressive and extravagant in your romance.
6. Write about an experience where your romance was so predictable and boring that it was humorous.

**YOUR THOUGHTS ABOUT
SELF-ESTEEM**

1. Write about a time when you struggled with your identity and self-worth. This may be helpful to a grandchild.
2. Write about the mirror of comparison that might have distorted a part of your early life—the comparison of telling you how much you lacked.
3. Write what you think God thought when He first thought of you.
4. To believe about yourself what God already believes about you is a starting point for writing about your self-esteem.
5. Write a brief essay on being "fearfully and wonderfully made."
6. List five things you like about yourself and write a 50 word paragraph on each.