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embracing the beauty
of an imperfect life



50 questions that build connections with people you want to know better

Ask open ended questions. If it is difficult to get started, prompt the other person with “tell me about _____”. Especially with our aging loved ones, they might enjoy flashing back.

My own grandma often exclaimed, “*Well, for goodness sake!*” at my questions. 😊 But she remembered concise details from over 80+ years ago and was happy to share them.

Consider recording the conversations. You’ll treasure them later!

1. What do you know about your birth story?
2. Where were you born?
3. What is your first memory?
4. Where did you live as a child?
5. Where did you go to school?
6. What did you like to learn about, and what did you struggle with?
7. How many places have you lived?
8. Did you have a close childhood friend?
9. Were finances tight or comfortable? How did that affect you?
10. What did you want to be as an adult?
11. How did you celebrate birthdays?
12. Tell me about your favorites (meals, colors, songs, outfits, etc.)
13. Were you a dreamer or reality based? Are you still?

14. Tell me about your least favorites
15. What were you afraid of?
16. What made you feel safe?
17. Will you share an embarrassing moment?
18. Was there someone who made you feel loved?
19. Who could you confide in?
20. Were there traditions that meant something to you? Do you continue those now?
21. What makes you feel special?
22. Were you ever... (in band, plays, etc.)?
23. Did you have your own room? What was it like?
24. Were there any family vacations?
25. Have you ever given/received a gift that really was memorable?
26. Tell me about your parents, what were they like?
27. What were their occupations (any history helpful details)?
28. Do you know how they met?
29. What current events were happening that your parents would have read in the newspapers?
30. Did they discuss "adult" things with you? Why/why not?
31. What do you wish you had know when you were younger?
32. Are their any skills you admire in others?
33. What do you think you are good at? (don't let them say "nothing" 😊)
34. Do you enjoy traveling? If money were no object, where would you go?
35. What is your favorite season? Why?
36. What do you wish people understood about you?
37. Describe a perfect day
38. What is your current favorite (song, scripture, game, movie, etc.)?
39. Are there any unfulfilled dreams you want to tell me about?
40. What is the hardest thing that you have ever gone through? What did you learn from it?
41. What brings you the most joy?

42. What would you consider your greatest strength/weakness?
43. As an adult, did your family look you imagined as a child?
44. What sort of parent were you, what would you want me to learn from your experience?
45. What do you value in relationships today?
46. Do you have any hobbies that you enjoy?
47. What is a struggle for you now? Can I help you?
48. What simple things bring delight to you?
49. If faith is important to you, how has it anchored your life?
50. How would you like to be remembered?