10 QUESTIONS TO GET YOU STARTED

Have you ever seen a photo, video or text from your past then suddenly realised you had completely forgotten that experience? We all put memories away in the "archives of our mind" never to be thought of again. It can often take something like a photo or question to recover them. How much more effective would it be to have recorded those memories whilst still fresh in our minds? Imagine capturing them in a way that expresses the emotions of the experience, then having a way to jog the memories back into the present.

Welcome to the Our Life Story. We have found that the vast majority of people really want to capture and share their life stories. All most people need is a way to get started.

There are many personal benefits that come from you capturing and sharing your story:

- ✓ You gain clearer perspective on personal experiences and feelings, which in turn brings greater meaning to your life.
- ✓ You gain greater self-knowledge, stronger self-image and enhanced self-esteem.
- ✓ You have the pleasure of sharing cherished experiences and insight with others.
- ✓ Brings you joy, satisfaction and inner peace.
- ✓ Is a way of releasing certain burdens and validating personal experiences, this is in fact central to the recovery process.
- ✓ Help to create community and will show you and others we have more in common with one another than you thought.
- ✓ You can help other people see their lives more clearly or differently and inspire them to change negative things in their lives.
- ✓ When we share our stories others will get to know us and understand us better, in ways they haven't before.
- ✓ By understanding past and present, we derive a clearer perspective of our goals for the future.

The following 10 questions will get you started by walking you through the journey of life. This will give you momentum that will drive you to follow through and capture your life story. By doing this you will you gain clarity of where you have been, where are now, and where you want to go.

Let’s get started in writing your story

Writing your story is best done in a relaxed atmosphere free of distractions. Be honest with yourself in responding to the questions and discover those important life experiences and lessons that have influenced who you are today.

1. **About me**

My full name……

What I like to be called and why……

My date of birth……

My place of birth……

My height…… My eye colour ……My hair colour……

How I got my name……

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They say I take after ……

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I lived with (parents, siblings, other)……

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2. **What comes to mind when you think about growing up?**

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3. **What do you remember most about your mum and dad?**

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4. **How did you choose your career and what was your favourite part about it?**

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5. **What did you believe about yourself that helped you become successful and deal with the hard times?**

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6. **What three events most shaped your life?**

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7. **What are you most proud of in life?**

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8. **What do you think the world needs more of right now?**

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9. **What message would you like to share with your family?**

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10. **What do you want people to know about you at this stage of your life?**

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Tips to continue capturing your story:

- ✓ Creating a timeline is a great way to capture those major events during your life and will help you to remember those significant moments, which are unique to you.

- ✓ It is worthwhile going through family photo albums. Apart from a good laugh, it is the perfect opportunity to provoke memories and experiences for you capture your life story.

- ✓ Ask family and friends what their memories are of a moment or experience, you will be surprised what you learn and what other memories the conversations will provoke.

"The scariest moment is always just before you start. After that, things only get better."
Stephen King

Let's finish your story...

We invite you to finish your story now and turn it into a beautiful digital or print book you can share with friends and family. Join us now to answer our other thought provoking questions, upload your photos and we will do the rest.

Finish your story now, or give the gift of getting another to share theirs, at www.OurLifeStory.Club.

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