

# **How To Capture Your Life Story**

What's the most valuable gift your adult children and grandchildren want from you? It's not your money. ***It's your story!***

Your life story is something they will treasure long after you're gone. It's a legacy they can share with their own children and grandchildren. Your story can shape generations to come—but only if you take the time to capture it. So, how do you begin?

The following questions are designed to help you recall key moments and experiences in your life. Review them and select the ones you feel are most important. You don't have to answer every question. You might choose to focus on one section at a time over the course of weeks or even months. Once you've completed your story, consider revisiting it annually to reflect and update.

You can record your answers on video, audio, or write them down. If you're unsure how to record, ask one of your children, grandchildren, or a friend for help. The most important thing is to get started.

I truly believe this is one of the greatest gifts you can give to your family. It's worth the effort.  
Good luck!

***Martin Hurlburt***

## Questions To Ask About Family History

1. What is your full name and why were you named that? (Include your maiden name, if applicable.)
2. Are you named after a family member? If not, where did your name come from, or does it have any special meaning?
3. Did you have a nickname when you were growing up? If so, what was it and why were you called that?
4. Have you had any other nicknames as an adult?
5. What do your family members call you now?
6. What were your parent's names? When and where were they born?
7. How many siblings did you grow up with?
8. What are the full names of your brothers and sisters?
9. Could you tell me a story or any memory of your brothers and sisters?
10. Who were you closest to in your family?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

11. Are there any family members you wish you would have gotten to know better?
12. How far back can you trace your ancestry? What do you know about it?
13. Are there any noteworthy or famous people in our family tree? Who are they, and what are they known for?
14. What are your favorite family heirlooms? What are the stories behind them?
15. Did both of your parents work? If so, what did they do?
16. Was there ever a family business? If so, what was it?
17. When and where did your parents die? What do you remember about it?
18. How did they die? Where were they hospitalized and buried?
19. What do you remember about the death of your spouse's parents?
20. What were your grandparent's names? What do you remember most about them?  
Where were they from?
21. Do you remember hearing your grandparents describe their lives? What did they say?
22. Did you know your great-grandparents? If so, what do you remember about them?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

## Questions About Childhood

1. When and where were you born?
2. Where was your first home?
3. What was your childhood home like? How long did you live there?
4. In what other homes/places have you lived?
5. Did you have a pet growing up? If so, what kind? What was their name?
6. What other pets have you had? Do you have a favorite story about a pet?
7. What were your earliest memories of your home?
8. What did your family do for fun when you were a child?
9. Did you have chores in your house growing up?
10. Was there a chore you really hated doing as a child?
11. When did you take your first vacation? Where was it?
12. What did you want to be when you grew up? Did you actually become that?
13. What were your favorite toys as a child? Are they still around today?
14. What were your favorite childhood games?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

15. What was your favorite childhood meal?
16. Do you remember not having enough food to eat because times were hard for your family?
17. Are you still friends with anyone from your childhood?
18. How did you meet your childhood friends?
19. Who was your best friend growing up? Tell me about your friendship and what made it special.
20. Did you and your friends have a special hangout where you liked to spend time?
21. Where was it and what did you do there?
22. What was your neighborhood like?
23. What kinds of books did you like to read? What was your favorite book growing up?
24. Do you remember having a favorite nursery rhyme or bedtime story? What was it?
25. How did you like school?
26. What subject did you like best in school and why?
27. Where did you attend grade school?
28. What were your schools like?
29. What subject in school was the easiest for you?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

30. What was your least favorite subject in school and why?
31. Who was your favorite teacher and why was he/she special?
32. How do your fellow classmates from school remember you best?
33. Did you get good grades?
34. What did you wear to school? Describe it.
35. What school activities and sports did you participate in?
36. Where did you attend high school?
37. What were your hobbies in high school?
38. What extracurricular activities did you participate in during high school?
39. What did you do for fun as a teenager?
40. Did you attend your high school graduation?
41. Were you ever given any special awards for your studies or school activities?
42. How many years of education have you completed?
43. Who was the oldest person you remember as a child?
44. Did you have any of the childhood diseases?
45. Do you remember your family discussing world events and politics?
46. How did you react to the assassination of President John F. Kennedy?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

- 47. What wars have been fought during your lifetime?
- 48. What were you doing when you heard the news of the Pearl Harbor bombing?
- 49. How did World War II affect you?
- 50. How did the Korean War affect you?
- 51. How did the Vietnam War affect you?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

# Questions About Family Traditions

1. What was a staple holiday meal in your family?
2. What holidays did your family celebrate?
3. What are your favorite holiday traditions?
4. How often did your family get together?
5. What did you enjoy the most about your family gatherings?
6. Who was in charge of the holiday planning in your family?
7. What's your favorite family recipe? When was the last time you made it?
8. How did your family's culture change throughout your life?
9. Were there any family traditions you didn't enjoy? If so, what were they and why?
10. Did your family ever stop doing any family traditions?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**



# Questions About Young Adulthood

1. Describe yourself as a young adult.
2. What was your first car? When did you learn to drive?
3. How did you decide on your career?
4. When did you start working? What was your first job? What was the salary at your first job?
5. What was your favorite thing about your 20s?
6. Did you attend any school or training after high school? If so, where and what was your field of study or major?
7. Do you have a college degree(s)?
8. Were you in a sorority or a fraternity?
9. What extracurricular activities did you participate in during college?
10. What do you remember the most about your young adulthood?
11. What is the best piece of advice you've ever received about being a young adult?
12. What was the most important lesson your parents taught you?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

- 13. How did you use those lessons during your young adulthood?
- 14. What were your hobbies in college?
- 15. Is there anything you wish you would have done differently about your college experience?
- 16. Did your career goals change during your young adulthood? If so, what changed?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

# Questions About Love, Marriage and Relationships

1. How old were you when you started dating?
2. Do you remember your first date? Could you tell me something about it?
3. When, where and how did you meet your spouse?
4. Where did you go and what happened on your first date with your spouse?
5. How long did you know him/her before you got married?
6. How old were you when you got married?
7. Describe your wedding proposal.
8. Where and when did you get married? (Include date, place, church, etc.)
9. Describe your wedding ceremony.
10. Who was there? Were there a best man, a bridesmaid, other wedding party members and who were they?
11. Where did your spouse's parents live?
12. Were you married more than once? If so, answer the previous questions about each spouse.

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

13. How would you describe your spouse(s)?
14. What do (did) you admire most about them?
15. How long have you been or were you married?
16. When and where did your spouse die?
17. What's the best piece of marriage advice for newlyweds?
18. Have you ever fallen out of love with someone?
19. When was a time your spouse made you feel the most loved?
20. Did you have a honeymoon? Where did you go?
21. If you didn't get married, what led you to that decision?
22. How long was your engagement?
23. Were you in love more than once?
24. What's the biggest lesson you learned from a relationship?
25. How did you handle conflict in your marriage?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

## Questions About Parenting

1. How did you find out you were going to be a parent for the first time?
2. How old were you when you had your first child?
3. How many children did you have all together?
4. What were their names, birth dates and birthplaces?
5. Why did you give them the names that you did?
6. Do you remember anything your children did when they were small that really amazed you?
7. What is one of the most unusual things one of your children did regularly when they were small?
8. What was the funniest thing you can remember that one of your children said or did?
9. How did you balance a job and being a parent?
10. What was the biggest lesson you learned as a parent?
11. How did you support your children's goals as they were growing up?
12. What were some of your favorite things to do with your children?
13. What did you find most difficult about raising children?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

14. What did you find most rewarding about being a parent?
15. Did you spoil any of your children?
16. Were you strict or lenient as a parent?
17. Did you find you had to treat each of your children differently? If so, why?
18. Did you parent your children differently than your parents raised you?
19. How did you feel when the first of your children went to school for the first time?
20. What do you hope your children and grandchildren do with their lives?
21. What is one tip you would give new parents about raising children?
22. Did you have to make any sacrifices as a parent? If so, what were they?
23. What have you enjoyed the most about being a parent?
24. How did you handle the stress of being a parent?
25. If you could go back and change anything about how you raised your children, what would it be? If not, why?
26. What was mom/dad like as a child?
27. How did you first hear that you were a grandparent and how did you feel about it?
28. What was it like becoming a grandparent?
29. How is being a grandparent different than being a parent?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

## Questions About Morals and Values

1. Did you attend church growing up? Were you baptized, and what was your religion?
2. What was the religion of your parents and your grandparents? What church do your parents and your grandparents attend?
3. What church, if any, do you attend now? Would you consider yourself religious or spiritual? Why or why not?
4. What do you value most in life?
5. As you get older, does aging or death mean anything different?
6. What values from your parents did you pass down to your children?
7. Were there any values you disagreed with your family on?
8. How did you approach making ethical decisions in your professional life?
9. Are there any cultural beliefs that influence how you live today?
10. Was there ever a time when you had to stand up for something you believed in, even if it was controversial?
11. Who was your role model growing up?
12. How have your values changed since you were a child?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

- 13. Did you ever experience a life-changing moment? If so, what was it?
- 14. How have you managed to stay optimistic throughout tough times in your life?
- 15. How did you maintain a sense of community throughout your life?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**



## General Questions to Ask About Their Lives

1. Where have you lived throughout your life?
2. Name a good friend you have known the longest. How many years have you been friends?
3. Has there ever been anyone in your life you would consider a kindred spirit or soul mate? Who was he/she and why did you feel a special bond with him/her?
4. What historical events did you live through?
5. What is your proudest accomplishment in life?
6. What were the hardest choices you ever had to make?
7. What person really changed the course of your life by something he/she did?
8. Do you remember any advice or comments that had a big impact on how you lived your life?
9. If you could change something about yourself, what would it be?
10. What is the most stressful experience you ever lived through?
11. What is the scariest thing that ever happened to you?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

12. What kinds of musical instruments have you learned to play?
13. Would you consider yourself creative?
14. What things have you made that others have enjoyed?
15. How would you describe your sense of humor?
16. What is the funniest practical joke you ever played on someone?
17. Have you always lived close to your family, or did you move far away?
18. Have you ever met anyone famous? If so, who was it, and where did you meet them?
19. What is the biggest risk you've ever taken?
20. Were there any life challenges you faced without knowing the outcome?
21. Do you have any health problems that are considered hereditary?
22. What do you do regularly for exercise?
23. Do you have any bad habits now or in the past?
24. Have you ever been the victim of a crime?
25. Have you ever been in a serious accident?
26. Has anyone ever saved your life?
27. Have you ever been hospitalized? If so, what for?
28. Have you ever had surgery?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

29. Have you ever faced a significant health challenge in your life? How did you handle it?
30. How would you describe yourself politically? Are you conservative or liberal, and why?
31. What U.S. president have you admired the most and why?
32. What is the most amazing thing that has ever happened to you?
33. How do you feel about the choices you made in school, career, spouse?
34. What organizations or groups have you belonged to?
35. Have you ever won any special awards or prizes as an adult? What were they for?
36. Describe a time and a place you remember feeling truly at peace and happy to be alive. Where were you and what were you doing?
37. What is your favorite place you've ever traveled to?
38. What is the most beautiful place you have ever visited and what was it like
39. What is the longest trip that you have ever gone on? Where did you go
40. What has been your favorite vacation? Where did you go and why was it special?
41. What was the favorite place you ever visited and what was it like?
42. Are there any places you still dream about visiting?
43. Is there anything you have always wanted to do but haven't?
44. Do you have a bucket list? If so, what's on it?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

45. Have you ever been to a world's fair?
46. What is the single most memorable moment of your life?
47. Did you experience any hardships while you were growing up?
48. If so, how do you feel like these hardships impacted your future?
49. What jobs have you had?
50. Did you make enough money to live comfortably?
51. How long did you have to work each day at your job?
52. What advice would you give your younger self?
53. If you served in the military, when and where did you serve and what were your duties? Rank?
54. Were you ever injured in the line of duty?
55. What are your hobbies?
56. What activities have you especially enjoyed as an adult?
57. What did you like to do when you were not working?
58. How old were you when you retired? Or when do you want to retire or will be able to retire?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

## Comparing Things Now to the Past

1. How much was a gallon of gas when you first started driving?
2. How do you think technology has changed the way the world works?
3. How did you adapt to technological changes throughout your life? How difficult was it to learn new technologies?
4. What were high school and college like compared to now?
5. What new inventions do you remember from your childhood?
6. What would you consider the most important inventions during your lifetime?
7. Do you remember the first time you saw a television; a car; a refrigerator?
8. How is the world different from what it was like when you were a child?
9. How much was a bottle of Coca-Cola when you were a kid?
10. What clothing trends were popular when you were in high school?
11. What were some of the most popular songs when you graduated high school?
12. Were there any other fads during your youth that you remember vividly?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

13. What type of music did you listen to when you were growing up? Did you go to dances or concerts?

14. How much did your first house cost? Or how much was your first rent payment?

15. How did you keep up with the news without the internet?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

## Firsts, Favorites & Funnies

1. What's your earliest memory?
2. What's your favorite holiday memory and why?
3. What do you remember about your first vacation? How about other vacations?
4. What was your first day of high school like?
5. What are your favorite memories with your children?
6. What are your favorite memories with your grandchildren?
7. What are your funniest memories?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

## Tell me your favorite:

- Animal?
- Artist?
- Athlete?
- Author?
- Board game?
- Book?
- Candy?
- Card game?
- Color?
- Cookie?
- Drink?
- Flavor of ice cream?
- Flower?
- Fruit?
- Holiday?
- Meal?
- Movie star?
- Movie?
- Musical group?
- Musical instrument?
- Painting?
- Poem?
- Restaurant?
- Season?
- Singer?
- Song?
- Sport?
- Style of music?
- TV program?
- Vegetable?

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**



**If you had to pick a label for your family members (spouse, children, mother, father, brothers, sister...), who fits each of the following descriptions?**

- Animal lover
- Best cook
- Best gardener
- Best housekeeper
- Best looking
- Best memory
- Best story teller
- Biggest tease
- Calmest
- Funniest
- Hardest worker
- Most athletic
- Most colorful
- Most creative
- Most frugal
- Most generous
- Most mischievous
- Most politically active
- Most reclusive
- Most relaxed
- Most sociable
- Quietest
- Shortest
- Tallest

The above questions have been compiled from 2 sources: [Parade Magazine](#) and the [Lucier Family webpage](#).

Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
**Schedule a FREE retirement & portfolio review today.**

# Do you want a Rocking Retirement?!

I am a husband, father, grandfather to 3 wonderful girls, [certified retirement counselor](#) and guitarist in a classic rock n roll cover band [Old School!](#)

I was born in Scotland to a Scottish mother and US airman father. I lived in Scotland, Germany, England, South Korea & Mexico while growing up.

My passion is helping people prepare for and enjoy a rocking retirement. I offer a FREE consultation by phone, video call or in my Orem UT office. I'll do my best to answer any questions you have, help you avoid costly mistakes and get you on the path to success. To schedule a time, go to [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com). Click on the 'set an appointment' link.

*Martin Hurlburt*



Notes and thoughts:

---

---

---

Martin Hurlburt = 285 E. 950 S., Orem UT 84058 = Phone: (801) 477-0444  
Martin@AchieveMoreRetirement.com | [www.AchieveMoreRetirement.com](http://www.AchieveMoreRetirement.com)  
[Schedule a FREE retirement & portfolio review today.](#)