A LITTLE ROOM FOR A STORY

Three Questions to Begin a Family Story

Choose one prompt. Ask at an easy pace, listen for a detail, and write a few words in your own way.

Ask if now is a good time. It is fine to pass on a question, pause, or remember something differently. There is no right answer.

01 • EVERYDAY LIFE

What is an ordinary day you remember fondly?

A place, a person, or one small detail can be a place to start.

02 • PEOPLE & LEARNING

Who taught you something you still use today?

Think of a skill, a way of doing things, or a piece of advice.

03 • FOOD & GATHERING

What meal reminds you of being with family or friends?

You might note who made it, where you shared it, or what you remember.

Small moments. Lasting legacies.

For more prompts, explore The Family Lore Collection: a guided story journal and 30 printable interview cards.

Explore The Family Lore Collection