

**ENJOYING LIFE**  
with Your Aging Parents

# 25 QUESTIONS

## That Will Unlock a Lifetime of Stories

*Conversations worth having. Stories worth keeping.*

### **25 questions + 75 conversation primers**

Designed to help you move past one-word answers  
and discover stories you may have never heard.

### **HAD A GREAT CONVERSATION? SHARE IT WITH US!**

If one of these questions unlocks a wonderful story, don't keep it to yourself.  
Share the story - and a photo if you have one - with our community so we can all  
enjoy a little of the memory with you.

**Let your story inspire someone else to ask their Mom or Dad the same question.**

**No email. No strings attached.**

Just pick a question and start talking.

**MORE CONVERSATIONS. MORE MEMORIES. BRIGHTER TOMORROWS.**

# 1. Growing Up

The places, people and little moments that shaped the beginning of their story.

## 1. What is one of your earliest memories?

*Keep the conversation going...*

- Where were you, and who was there?
- What do you remember seeing, hearing or smelling?
- Why do you think that memory stayed with you?

## 2. What were you like as a kid?

*Keep the conversation going...*

- What did you get in trouble for?
- Were you shy, outgoing, adventurous - or something else?
- What would your parents have said about you?

## 3. What did a normal Saturday look like when you were growing up?

*Keep the conversation going...*

- Where did you go and what did you do for fun?
- Who did you usually spend the day with?
- What did you have then that you wish kids still had today?

## 4. Who was your best friend growing up?

*Keep the conversation going...*

- How did you meet?
- What kind of trouble or adventures did you get into together?
- Did you stay in touch - and what happened to them?

## 5. What was your family home like?

*Keep the conversation going...*

- What room or place do you remember most clearly?
- What family routines happened there?
- If you could walk through that home again, where would you go first?

## 2. Becoming You

First jobs, independence, choices and the years when life started becoming their own.

### 6. What was your first job - and what do you remember about it?

*Keep the conversation going...*

- How much did you earn and what did you do with your first pay?
- Who taught you how to do the job?
- What did that job teach you that stayed with you?

### 7. When did you first feel truly independent?

*Keep the conversation going...*

- Was there a particular day or decision that made you feel grown up?
- What were you excited about?
- What were you secretly nervous about?

### 8. What did you think your life would look like when you were 20?

*Keep the conversation going...*

- What career did you imagine?
- Where did you think you would live?
- What turned out completely differently?

### 9. What is a decision you made when you were young that changed your life?

*Keep the conversation going...*

- What choices were you considering at the time?
- Did you know then how important it would become?
- Would you make the same decision again?

### 10. Who had the biggest influence on the person you became?

*Keep the conversation going...*

- What did that person teach you?
- Was there something they often said?
- Do you see any of that person in yourself today?

### 3. Love, Family & Parenthood

The stories behind relationships, traditions and becoming a family.

#### 11. How did you and Mom/Dad really meet?

*Keep the conversation going...*

- What was your first impression?
- Who made the first move?
- What part of the story do the two of you remember differently?

#### 12. When did you realize you were in love?

*Keep the conversation going...*

- Was there one particular moment?
- What did you admire most about them then?
- What still makes you smile about those early years?

#### 13. What do you remember about becoming a parent for the first time?

*Keep the conversation going...*

- What surprised you most?
- What were you most worried about?
- What is a moment from those first months you can still picture?

#### 14. What family tradition has meant the most to you?

*Keep the conversation going...*

- Where did the tradition come from?
- What made it special?
- Which traditions would you most like us to keep going?

#### 15. What is a family moment that still makes you laugh?

*Keep the conversation going...*

- Who was involved?
- What exactly happened?
- Does everyone in the family tell the story the same way?

## 4. Adventures, Surprises & Life Lessons

Trips, risks, unexpected turns and the stories that get better every time they are told.

### 16. What is one adventure you will never forget?

*Keep the conversation going...*

- Where did you go and who were you with?
- What went wrong - or unexpectedly right?
- Would you do it again today?

### 17. What is something you did that your kids would never believe?

*Keep the conversation going...*

- How old were you?
- Who else knows the story?
- What detail have you conveniently left out until now?

### 18. What are you most proud of that people may not know about?

*Keep the conversation going...*

- Why did it matter so much to you?
- What did it take to accomplish?
- Who helped you along the way?

### 19. What mistake taught you the most?

*Keep the conversation going...*

- What did you believe before it happened?
- What did you learn afterward?
- Did that lesson change how you raised us or lived your life?

### 20. What period of your life would you happily live again for one week?

*Keep the conversation going...*

- How old would you be?
- Who would you want there with you?
- What would you make sure to notice or appreciate this time?

## 5. Looking Back & Looking Forward

What matters now, what is still ahead, and the stories worth carrying forward.

### 21. What do you know now that you wish you knew at 30?

*Keep the conversation going...*

- What did you worry about that mattered less than you thought?
- What deserved more of your attention?
- What advice would you give your younger self?

### 22. What has made you happiest over the years?

*Keep the conversation going...*

- Was it people, places, work, experiences - or something else?
- Did your idea of happiness change as you got older?
- What makes a good day for you now?

### 23. Is there something you still really want to do?

*Keep the conversation going...*

- Is there somewhere you still want to go?
- Is there something you want to learn or try?
- Could we do any part of it together?

### 24. What story about our family should never be forgotten?

*Keep the conversation going...*

- Who first told you the story?
- Why does it matter to you?
- Who in the next generation should hear it?

### 25. What would you most like your children and grandchildren to remember about you?

*Keep the conversation going...*

- What values matter most to you?
- What do you hope we learned from watching you live?
- What would make you smile to know we carried forward?

Want to be a little more prepared?

You think enjoying these good years matters?

So does quietly preparing for the unexpected.

Our free **5-Minute Aging Parent Emergency Information Checklist** can help you see how prepared you can be - especially at that critical moment when Mom or Dad suddenly need you most.

Click **I want this!** to get the **FREE 5-Minute Checklist**