

Memory Jogger Questions to Assist in Writing Personal Histories

Special Note:

It is not intended that one should answer all of the questions in this booklet. It is done in outline form. If a particular subject is not applicable or if you have no information on that area, skip to the next area for which you have information.

Let your history reflect who you really are. Don't bog down in answering all questions or worrying about proper English. Don't gloss over your accomplishments or delete the hard times in your life. Both are part of life.

My personal physician emphasized that the medical history, while not very interesting, could be important in future medical treatment. He said it would help him a lot if his patients knew more of their family medical history.

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CHILDHOOD: BIRTH

Full name of person:

Birth:

Date?

Day of the week? Weather?

Where? Hospital? Home?

County? State? Country?

Time?

Sex?

Size: Height?

Weight?

Doctor's name?

Did the baby have hair? What color?

Medical condition? Birthmarks?

Are there any unusual circumstances or complications connected with the birth? What was the labor like?

Were there any unusual circumstances in connection with the mother's pregnancy? Cravings? Medical Problems? What was she doing when she went into labor?

Parents full names and birth dates:

Father?

Mother's maiden name?

Ages of parents at birth of child?

Parents marriage date?

Father's death date?

Mother's death date?

Mother's concerns and reactions to the birth?

Father's concerns and reactions to the birth?

Position in the family? (example: 3rd of 5 children)

Brother and Sisters and their birth dates:

Age of brothers and sisters at the time of the birth?

Reactions of the brothers and sisters to the new arrival?

Why was the name given this child chosen?

Meaning of the name?

Nicknames?

First Home:

Location, address, city?

What was the home like?

Arrival from hospital? (Day, circumstances, weather?)

Extended family members present at the birth or visiting the new baby?

Other visitors?

Help from family, friends and neighbors?

Current events at the time of birth:

Local?

National?

World?

Popular songs, movies and television shows?

Baby's christening, blessing or baptism:

Date?

Where?

By whom?

Godfather or Godmother?

Special visitors and family present?

Memories of this child as a newborn:

Mother?

Father?

Brothers and sisters?

Grandparents?

Other?

CHILDHOOD: ADOPTION

For an adoption answer as many of the questions under birth as possible with the following additions:

Age of child at adoption?

When did the child come into the home?

When was the adoption legally final?

Full names and birth dates of adoptive parents:

Father?

Mother's maiden name?

Age at adoption?

Mother's concerns and reactions to the adoption?

Father's concerns and reactions to the adoption

What was waiting for the adoption to go through like?

What was the day like when "the phone call" was received? What happened? What feelings were felt?

Position in the adoptive family? (example: 3rd of 5 children)

Brothers and Sisters in the adoptive family and their birth dates:

Age of brothers and sisters at the time of the adoption?

Reactions of the brothers and sisters to the adoption?

Name chosen by adoptive parents?

Why was the name given this child chosen?

Meaning of the name?

Nicknames?

First home after adoption:

Location, address, city?

What was the home like?

Arrival at the home? (Day, circumstances, weather?)

Extended family members present at the adoption or visiting the new family member?

Other visitors?

Help from family, friends and neighbors?

Current events at the time of adoption:

Local?

National?
World?
Popular songs, movies and television shows?
Did current events affect the adoption?

Child's christening, blessing or baptism:
Date?
Where?
By whom?
Godfather or Godmother?
Special visitors and family present?

First memories of this child when they joined the family:
Mother?
Father?
Brothers and sisters?
Grandparents?
Other?

If not too sensitive:

How was the child told they were adopted?
Why was child given up for adoption?
Why was adoption chosen by the adoptive family?
Adoptive agency or lawyer used?

CHILDHOOD: INFANT

How the baby grew:

Date?

Height?

Weight?

Health? (medical problems, doctor or hospital visits etc.)

Firsts: (include ones that are unusual or especially important--hopefully there is a baby book available with more details.)

Smile?

Sleep through the night?

Roll over?

Sit up alone?

Pull himself up?

Crawl?

Haircut?

Words?

Temper Tantrums?

Babysitter?

Tooth?

Holidays?

Church attendance?

Outings and vacations?

Toy?

Preferences:

Foods? Likes? Dislikes?

Favorite toys or playthings?

Favorite blanket? Clothing?

What was this baby's early disposition? Fussy? Cuddly? Independent?

Any close calls?

Funny actions and sayings?

Moves or other homes lived in?

Important current events happening in the world?

Memories of this baby from other family members?

CHILDHOOD: TODDLER

Home(s) lived in?

How the child grew:

Date?

Height?

Weight?

Health? (medical problems, doctor or hospital visits etc.)

Firsts: (include ones that are important or unusual)

Walk along furniture?

Stand?

First steps?

Run?

Climb?

Friends?

Toilet training?

Feed himself?

First sentence?

Pets?

Vacations?

MEMORIES? (parents [personality and characteristics], grandparents, family, holidays, traditions, home)

Preferences:

Toys or other playthings?

Playmates?

Babysitters? Other Adults?

Foods? Likes? Dislikes?

Favorite thing to get into?

Outings?

Other favorites?

Personality of the toddler?

Funny Actions or Sayings?

Innocent mischief? Not so innocent mischief?

Important current events happening in the world?

Holiday, vacation or other special occasion memories? Family Traditions?

Memories of this toddler from other family members?

Did this child ever get lost?
What were family circumstances like?

CHILDHOOD: PRE-SCHOOL

Home(s) lived in?

How the child grew:

Date?

Height?

Weight?

Health? (medical problems, doctor or hospital visits etc.)

Firsts:

Doing things on their own? (example: dress themselves, say the alphabet etc.)

Friendships?

Chores?

Pre-school?

Talents exhibited?

Lessons or extra-curricular activities?

Talk in church or Sunday School?

MEMORIES?

Favorites:

Toys, playmates and things to do?

Possession?

Television or Radio show?

Foods?

Time away from parents?

Personality:

Fears?

What did this child want to be "when he grew up".

Dreams for the future?

Characteristics?

Important current events happening in the world?

Holiday, vacation and other special occasion memories? Family Traditions?

Memories of this child from other family members?

Did this child ever get lost?

What were the family's circumstances?

Relationship with brothers and/or sisters?

SCHOOL AGE: GRADE SCHOOL

Home(s) that the child lived in?

How the child grew:

Physical growth and health? Accidents or illness?

Mental and personality development?

Social development?

Firsts:

First day at school and school attended? (private or public school?)

School teacher?

First time riding a bike?

First slumber party?

ANSWER THE FOLLOWING QUESTIONS FOR EACH YEAR OF GRADE SCHOOL THAT YOU HAVE INFORMATION ON:

Grade?

Year?

School(s) attended?

Teacher(s)?

Favorite subjects? Hard Subjects?

School activities, programs and clubs participated in?

Unusual circumstances or events during the year? (example: rode the bus to a rural school; school lunchroom caught on fire, etc.)

General Information:

Favorite friends?

Favorite television or radio program, foods etc.

Outside interests and hobbies? Sports team? Lessons?

Fun times? New things tried? (example: first camping trip)

Not so fun times? Lessons learned?

Family events? (example: birth of a sibling, family move, etc.)

Family chores responsible for?

Family vacations, holidays and special events? Family traditions?

Church attendance and special events?

Family circumstances during the year?

Important current events happening in the world?

Special memories of this year?

SCHOOL AGE: JR. HIGH (MIDDLE SCHOOL) & HIGH SCHOOL

Home(s) that the person lived in?

How the child grew:

Physical growth and health? Accidents or illness?

Mental and personality development?

Social development?

Firsts:

First day of Junior High (Middle School)?

First day of High School?

First part time and/or summer job?

First interest in the opposite sex? First "boyfriend" or "girlfriend"?

First boy/girl party?

First date?

First time driving a car? First car?

First diet or body building experience? First cosmetics?

ANSWER THE FOLLOWING QUESTIONS FOR EACH YEAR OF SCHOOL THAT YOU HAVE INFORMATION ON:

Grade?

Year?

School(s) attended?

Teacher(s)? Favorite teachers?

Favorite subjects? Hard Subjects?

What kind of grades were earned? Study habits (or lack of)?

School activities, programs and clubs participated in?

Special awards earned or recognitions?

School dances?

Unusual circumstances or events during the year? (example: rode the bus to a rural school; school lunchroom caught on fire, etc.)

GENERAL INFORMATION:

Favorite friends?

Favorite television or radio program, favorite music and musical performers, favorite foods, clothing etc.

Clothing and hair styles that were popular?

Outside interests and hobbies? Individual sports? Sports team(s)? Lessons?

Summer or part time jobs that were held?

Fun times? New things tried? (example: first camping trip)

Not so fun times? Lessons learned? Teen hang ups, trials and worries?
Ambitions for the future?
People that had special influence on this person (adults, friends etc.)?
What experiences were turning points for this person?
Family events? (example: birth of a sibling, family move, etc.)
Family chores responsible for?
Family vacations, holidays and special events? Family traditions?
Church attendance and special events?
Family circumstances during the year?
Important current events happening in the world?
Special memories of this year?

HIGH SCHOOL GRADUATION:

Did this person graduate? If not, why? (example: had to help support the family.)

High school graduation:

Date?
Place?
Number in graduating class? Rank?
Commencement program, speakers etc.?
Graduation night parties?
Memories of graduation?

SCHOOL AGE: COLLEGE/ADVANCED TRAINING

College, university or school attended? Where are/were they located?

Why was this school chosen?

Dates attended?

Major or special emphasis of training?

Why was this major chosen? Did the major change before completing the schooling?

Scholarships and grants? How financed education?

Courses taken? Teachers?

Favorite classes? Hard classes?

Favorite teachers? Teachers learned the most from?

Most important thing(s) learned?

Grades earned? Other awards, certificates and recognitions earned?

Theses or graduation project?

Extra curricular activities participated in? Sports? Clubs? Drama? Service?

Member of sorority or fraternity?

Home/apartment lived in as a student? Roommate(s)?

Memories of the campus, college life, special friendships etc.?

Special or unusual circumstances during the year?

Was the advanced training completed? If not, why?

Degrees earned:

Bachelor's Degree?

Date?

Place?

Special memories of commencement or other graduation activities?

Master's Degree?

Date?

Place?

Special memories of commencement or other graduation activities?

Doctor's Degree?

Date?

Place?

Special memories of commencement or other graduation activities?

Honorary Degrees?

Date?

Place?

Special memories of commencement or other graduation activities?

Special certificates?

Date?

Place?

Special memories of commencement or other graduation activities?

GENERAL INFORMATION: (Life off campus still goes on.)

Favorite friends?

Favorite television or radio program, favorite music and musical performers, favorite foods, clothing etc.

Clothing and hair styles that were popular?

Outside interests and hobbies? Individual sports? Sports team(s)? Lessons?

Job(s) held while attending school?

Dating memories (good and bad)? Blind dates? Special dates?

Ever engaged and then broke it off?

Fun times? New things tried?

Not so fun times? Lessons learned?

Ambitions for the future?

People that had special influence on this person (adults, friends etc.)?

What experiences were turning points for this person?

Family events? (example: birth of a sibling, family move, etc.)

(If living away from home for school) Visits home to the family?

Family vacations, holidays and special events? Family traditions?

Church attendance and special events?

Family circumstances during these years?

Important current events happening in the world?

Special memories of these years?

FAMILY: MARRIAGE

Spouse:

- Name?
- Birth date?
- Home town?
- Parents names and birth dates?
- Physical description?
- Personality traits that attracted?
- Differences and similarities between person and their spouse?

Courtship:

- Where met? Circumstances?
- Ages when met?
- First impression?
- First date?
- Other dates and special times together?
- Was it love at first sight?
- Did ever break up and get back together?
- Meeting the future in-laws?
- Length of courtship?

Proposal:

- When?
- Where? Circumstances?
- How?
- Reaction?
- Telling other people?
- Parents' reactions? Brothers' and sisters' reactions?
- Friends' reactions?
- Buying, giving or receiving the ring?
- Plans for the future?

Engagement:

- How long engaged? Did the date get moved up or back?
- Did either partner get cold feet?
- Did planning the wedding go smoothly? Who did most of the planning?
- Picking out the wedding dress and wedding clothes?
- Bridal showers or Bachelor parties?
- Finding first home or apartment?
- Fun times? Not so fun times? Working together?
- Religious compatibility?

Wedding:

Date?

Place? (church or other building, city, county, state, country)

Time?

Ceremony performed by?

Special counsel?

Special family and friends in attendance?

Feelings about the ceremony?

Feeling about the day in general? Did things go as planned?

Wedding breakfast? (when, where, circumstances and memories)

Rehearsal dinner? (when, where, circumstances and memories)

Other special memories?

Wedding attendants?

Reception(s): (If more than one reception, complete questions about each one.)

Date?

Place? Did the weather play a factor?

Time?

Who was in reception line?

Photographer? Caterer?

Music, decorations and refreshments?

Special family, friends and guests in attendance?

Special wedding gifts received?

Memories of the reception?

Honeymoon:

Dates?

Place?

Transportation?

Sites visited?

Did things go as planned?

Special memories of the honeymoon?

First year:

First home together?

Challenges and how dealt with them?

Adjustment to married life?

Fun and funny experiences from the year?

REVIEW THE YEARS AS A MARRIED COUPLE. USE THE FOLLOWING QUESTIONS AS A GUIDE TO HELP YOU PICK OUT THE EVENTS THAT WILL GIVE A PICTURE OF THE PERSON DURING THOSE YEARS. IF YOU ARE WRITING A CURRENT HISTORY, PICK A DATE- SUCH AS AN ANNIVERSARY- TO SIT DOWN AND REVIEW THE PAST YEAR AND UPDATE THIS SECTION OF THE HISTORY.

Family circumstances during the year:

Home(s) lived in?

Job(s) held?

Economic advances or problems?

Births, deaths and marriages during the year?

Physical health of partners? Accidents or illness?

Changes to family routines?

Friends, neighbors and other influential people?

Family routines? Favorite television or radio shows, places to eat out, meal times, pets etc.

Family chores and projects? Goals achieved?

Outside interests (as a couple or individual)? Hobbies? Sports? Gardening?

Fun and funny times?

New things tried?

Not so fun times? Troubles and trials? Lessons learned?

Finding out about the arrival of a baby?

Feelings about birth of a child, family deaths or marriages?

Family vacations, holidays and other special events? Birthday celebrations? Anniversary celebration? Family reunions?

Family traditions?

Important events in lives of children?

Church attendance and special events?

Important current events in the world?

Hopes, ambitions and dreams for the future?

Special memories of the past year?

FAMILY: PARENTHOOD

REMEMBER TO KEEP THIS THE HISTORY OF ONE PERSON. WRITE IMPORTANT INFORMATION ABOUT THEIR CHILDREN, BUT DO NOT LOSE TRACK AND MAKE IT THE CHILD(REN)'S HISTORY.

INCLUDE THE FOLLOWING INFORMATION ABOUT EACH CHILD:

Name of child:

Birth:

Date?

Place?

Sex?

Size?

Physical complications or problems?

Feelings about the birth?

Reason for choosing the name?

Position in family? (example: oldest child or third of five children)

Growth and personality development of the child?

Physical characteristics of the child?

Changes in family because of the child?

What is most special about the child?

What did this child bring or add to the family?

SERVICE: MILITARY

Ever in ROTC during school days?

Which branch of the military?

Reserves?

Date entered service?

Drafted or volunteer? Career choice?

Registration for the draft? Number? Ever called up?

Basic training date and place?

Adjustment to military discipline and lifestyle?

Homesickness?

Likes and dislikes of military life?

Places stationed while in the service? Location and dates?

Living circumstances?

War or peace time?

Battles fought in? Dangers faced?

Illnesses and wounds?

Duties and assignments?

Civilian interactions?

Ranks and honors achieved?

Memories of commanding officers and their influence?

Memories of people served with? Friendships made?

Places seen while traveling in the military? Foreign customs?

Furloughs and leaves?

Church attendance and special experiences?

Date of discharge?

Rank at discharge?

Affect of military service on later life?

CAREER

First job ever held?

- Amount of money earned?
- How got the job?
- Boss at the job?
- Skills required?
- What was learned?
- Attitude?

Jobs as a youth?

- Amount of money earned?
- How got the job?
- Boss at the job?
- Skills required?
- What was learned?
- Attitude?

How money earned was spent?

Affect of these jobs on career choice?

Reasons for choosing adult job/career?

FOR EACH JOB HELD AS AN ADULT INCLUDE THE FOLLOWING INFORMATION:

- Employer?
- Dates?
- Age?
- Type of work? What did the job entail?
- How got the job?
- Regular work hours or shift work?
- Skills and training?
- Equipment used on the job?
- Work atmosphere and friendships?
- Famous people met while on the job?
- What was learned?
- Favorite part of the job?
- Least favorite part of the job?
- Lunch routines?
- Transportation to work? (car pool, bus etc.)
- Company parties?
- Company politics?
- Promotions and successes?
- Economic conditions and their affect?

Membership in unions or professional organizations?
Why quit the job?

IF OWNED OWN BUSINESS INCLUDE APPROPRIATE QUESTIONS FROM ABOVE
PLUS:

Where did idea for the business come from?
How was business started?
Early struggles of business?
Partners and investors?
Working for self vs. working for someone else?
Did family participate in the business?
Growth of business?

Retirement:

When?
Why?
Honors or parties?
Plans for after retirement? Did these plans actually come to pass?

LEISURE

What games and activities were played as a child?

Examples to get you thinking:

Hide and Seek	Marbles
Building huts	Roller skating
Board games	Dolls
Jump rope	Hopscotch
Kick the can	Climbing trees
Dress up	Selling punch
Coloring/art	Sledding
Swimming	Swings, slides etc. at playground

What were favorite activities?

Any accidents, mishaps or close calls?

What individual sports were participated in?

Golf?	Bowling?
Gymnastics?	Weight training?
Archery?	Swimming?
Diving?	Skiing?
Fishing?	Bicycling?
Hiking?	Hunting? (what kind)
Surfing?	Other?

What age was the person?

Was it occasionally just for fun or more serious participation?

What were the favorite activities?

Any unusual occurrences or mishaps? Injuries or accidents?

Friendships made?

Biggest tall tale?

What team sports were participated in?

Baseball?	Basketball?
Softball?	Track?
Hockey?	Soccer?
Football?	Tennis?
Racquet ball?	Wrestling?
Boxing?	Volleyball?
Ping Pong?	Pool?
Auto Racing?	Other?

What age was the person?

Was it occasionally just for fun or more serious participation?

What were the favorite activities?

Position played?
Any unusual occurrences or mishaps? Injuries or accidents?
Friendships made? Other team members?
Leagues played in? Team standings?
Coaches?
Biggest tall tale?
Records established?
Biggest challenge in sports? (opponents, sportsmanship)

What cultural arts were participated in?

Dance? Type? Drama?
Voice? Instrumental? What instrument?
Art? What media? Speech/Debate?
Writing (books, poetry, essays etc.)?

What age was the person?
Did they have formal training? From who?
Was it occasional, just for fun, or more serious participation?
What were the favorites?
What performances, exhibitions or displays were held? What parts were played?
Any unusual occurrences or mishaps?
Friendships made?
Contact with any famous people?
How dedicated were they to practicing?
How did they develop an interest or come in contact with a particular art?
Any recognitions, honors or awards?

Attendance at cultural arts performances or exhibits?

Dance? Type? Drama?
Voice? Instrumental? What instrument?
Art? What media? Speech/Debate?

Enjoy attending performances or go as a courtesy to companion?
Type of performance enjoyed the most?

Answer the following for particularly memorable performances:

Date and place attended?
What performance? (play, concert etc.)
Reaction to the performance? Feelings about the art viewed?
Special memories of the performance or outing?

Hobbies and crafts participated in?

Collecting? What items?

Fabric and soft crafts?
Woodworking?
Model building?
Observation? (bird watching etc.)
Metal work?
Gardening?
Cooking?
Other?

What age was the person?

Was it occasional, just for fun, or more serious participation?

Any classes or training? From who?

Favorite projects or hobbies?

Any unusual occurrences or mishaps?

Friendships made?

Shows, exhibitions or recognitions given?

How did they develop the interest or come in contact with the hobby or craft?

Pets owned? (repeat for each pet owned)

What type of pet? (dog, cat, fish etc.)

Name of pet?

Age when owned the pet?

Care of the pet?

Funny things the pet did?

Special times with or memories of the pet?

Leisure time travel: (Repeat this section for each trip you wish to write about.)

Travel date and destination?

Reason for picking the destination?

Method of travel?

Traveling companions?

Accommodations?

Sites visited?

Interesting people met?

Unusual occurrences or humorous incidents?

Did the group ever get lost?

Any accidents or hardships?

Impressions of the area and the people?

Special souvenirs or memories?

Revisit the place again?

Miscellaneous:

Special parties or dances attended?

Date and place?

Occasion?

Other people attending?

New people met?

Special memories or unusual occurrences?

Routine leisure activities?

What was done to unwind? (watch television, read, listen to the radio, movies, go for a walk, etc.)

After work routines?

Favorite restaurants and places to eat out?

Exercise?

Exercise regularly? Times per week?

What type of exercise?

SERVICE: COMMUNITY AND CIVIC SERVICE

What type of civic or community groups involved with?

Political parties?

Senior citizen's center?

Programs for the handicapped?

School volunteer?

Parent-Teacher-Student associations?

Beautification program?

Community celebrations or pageants?

Local, county or state fairs?

Disaster relief, homeless or needy programs?

Youth programs? (unwed mothers, recreation etc.)

Chamber of Commerce?

Business or civic clubs? (Kiwanis etc.)

Lodges or fraternal organizations?

Other volunteer work?

Part in the organization?

Services rendered?

Friendships made? Other contacts made?

Unusual circumstances dealt with?

Funny or interesting experiences?

Degree of involvement?

Leadership in the organizations?

Special memories or feelings about the service?

Recognitions or honors awarded?

OTHER: MEDICAL

Although much medical information may be included in other parts of the history, it would be very valuable to fill in as much of the following information as possible and have it together in one place.

Name:

- Birth date and place?
- Size at birth?
- Range of weight at maturity?
- Complications with pregnancy or delivery?
- Physical handicaps or other problems noted at birth?
- Blood Type?

Family History:

Age at death and cause of death of deceased family members:

- Father?
- Mother?
- Brothers?
- Sisters?
- Sons?
- Daughters?
- Grandparents?

Did any blood relative have any of the following: (Explain any complications or circumstances you are aware of.)

- Cancer?
- Tuberculosis?
- Diabetes?
- Heart Trouble?
- High Blood Pressure?
- Low Blood Pressure?
- Arthritis?
- Stroke?
- Epilepsy?
- Insanity?
- Suicide?

Past History: The following list is given to jog your memory. The day will come when the more medical information we have about a person's family the better the treatment, prevention and diagnosis. A little research with a family doctor may pay off big in the future. Give whatever information you may have available about any of the following:

Illnesses:

Measles?
Mumps?
Chicken Pox?
Whooping Cough?
Scarlet Fever/Scarlatina?
Diphtheria?
Smallpox?
Pneumonia?
Influenza?
Polio or Meningitis?
Hepatitis?
Epilepsy or Convulsions?
Diabetes?
Cancer?
Asthma?
Heart Disease?
High or low blood pressure?
Heart murmur?
Stomach problems/ Ulcers?
Colitis/ other bowel disease?
Diabetes?
Headaches? Migraines?
Hives or skin problems?
Kidney disease or stones?
Frequent infections?
Tuberculosis?
Other Illnesses?

Allergies:

Penicillin or sulfa?
Aspirin/Codeine/Morphine?
Mycins/Other Antibiotics?
Foods?
Tetanus Antitoxin/serums?
Other drugs?
Hay Fever type allergies?
Other Allergies?

Injuries:

Broken or cracked bones?
Dislocations?
Concussions/Head Injuries?
Knocked Unconscious?

Stitches for major injury?
Other injuries?

Surgeries:

Tonsils or Adenoids?
Appendix?
Hernia?
Heart?
Surgery on other organs?
Blood plasma or transfusions?
Transplants?
Other surgeries?

Testing and Results:

Tuberculosis skin test?
Electrocardiogram?
X-Rays?
Pap smear?

Immunizations:

Tetanus? (date of last booster)
Polio?
DPT?
MMR (mumps, measles, rubella)?
HIB?
Flu shots?

Drugs:

List all drugs (prescription, over the counter or illegal) taken on a frequent or daily basis?

Drink Alcohol? How frequently? How much?
Tobacco? Smoke? What and how much?
Chew?
Snuff?

Exercise:

Exercise regularly? Times per week?
Type of exercise?
Physically fit?

Women only:

Menstrual History:
Age on onset?

Regular?
Length of cycle? (start to start)
Duration? (# of days of period)
Flow?
Pain or cramps?
Method of birth control?
Menopausal symptoms?
Age at menopause?

Pregnancies:

How many children born alive?
Stillbirths?
Prematures?
Cesarean Section?
Miscarriage?

Misc:

Vision problems?
Speech problems?
Loss of hearing?
Fainting or dizziness?
Nervousness or depression?

PERSONAL CHARACTERISTICS

Physical characteristics:

- Mature height?
- Average mature weight?
- Body build?
- Hair Color and characteristics? (curly, balding etc.)
- Skin complexion? (fair, medium, black etc.)
- Distinctive features? (Angular features, birthmarks, dimples etc.)
- Eye color?
- Physical habits? (exercises-in shape, nervous twitch etc.)

Personality traits:

- Generally shy or outgoing?
- Usual temperament? (happy, serious, joking, worried etc.)
- Traits noticed first by others? (always smiling, organized etc.)
- Bad habits that were overcome?
- Character traits most prized by individual? (honesty, thriftiness, ambition etc.)
- How is this person like his or her parents?
- Greatest frustrations?

Mental characteristics:

- Does learning new things come hard or easy?
- Like to read and write?
- Favorite authors or types of books?
- Memorize easily?
- Calculating, analytical thinker or artistic, free thinker?
- Strong thoughts or opinions about what subjects?

Include stories of character development, character improvement or goals achieved that would help another person understand the person you are writing about.

- What principles did they live by?
- What did they value most in life?
- What did they overcome in life to become the person they are?
- What things did they face and not triumph over?
- How did they face up to physical limitations?
- Greatest joys and sorrows?

Daily Routines:

Although things change over the years, many daily routines remain the same. Don't leave out day to day happenings because they seem mundane. Consider the following list:

- Meal time routines?
- Work day routines?

Traditional goodbyes?
Bedtime stories or routines?
Prayer or religious observance?
Weekend routines?
Traditions, routines or sayings continued through the generations?
Daily interactions with family, neighbors, co-workers etc.?

Miscellaneous:

What were the family rules and child rearing philosophy of the parents?
What family rules and philosophy were held as a parent?
How did this differ from parents?
Superstitions believed by the person?
Good luck charms?
Family remedies or home cures?
Secrets of good health?
Wives tales handed down from ancestors?

RELIGION: LDS

Baby blessing:

Date?
Place? (City, county, state, country)
Ward/branch and Stake/mission?
Blessed by?
Relationship?
Priesthood?
Main thoughts of blessing?
Other special happenings on day of blessing?
Family and friends present at the blessing?

Baptism:

Date?
Place? (city, county, state, country)
Ward/branch and stake/mission?
Font or other body of water?
Baptized by?
Relationship?
Priesthood?
Age at baptism?
Unusual circumstances or happenings?
Program presented at baptism?
Speakers?
Main thoughts?
Other special happenings on the day of baptism?
Family and friends present at the baptism?
Feelings about the baptism?
Individual?
Family members?

Confirmation:

Date?
Place? (city, county, state, country)
Ward/branch and stake/mission?
Confirmed by?
Relationship?
Priesthood?
Circumstances (after baptism, sacrament meeting)?
Main thoughts of the blessing?
Other special happenings on the day of confirmation?
Family and friends present at the confirmation?

Feelings about the confirmation?

Primary (and/or Junior Sunday School) memories:

Ward(s), Stake(s) and Bishop's name(s)?

Class name(s) and teacher(s)?

Weekday primary? Achievement day activities?

Friendships?

Songs learned?

Programs and activities?

Sacrament meeting programs? Parts?

Activities with parents? (Daddy/daughter date, Mother/son early bird breakfast etc.)

Other activities and parties?

Friends?

Learning Articles of Faith?

Awards? Gospel in Action?

Graduation?

Sunday school:

Ward(s), Stake(s) and Bishop's name(s)?

Classes and teachers?

Course of study?

Giving talks?

Friendships?

Young Men/ Young Women; Mutual; MIA:

Ward(s), Stake(s) and Bishop's name(s)?

Class names and advisors?

Youth leadership opportunities and positions held?

Activities?

Weekly?

Special activities? (roadshows, dances etc.)

Camp?

Youth conferences?

Awards earned?

Themes?

Friendships?

Other memories?

Seminary?

When and where attended?

Teachers and courses of study?

Awards or achievements?

Special committees or activities (parties, scripture chase etc)?
Friendships?
Morningsides or firesides?
Devotionals?
Spiritual growth and insights?
Graduation? Date and place?

Institute:

When and where attended?
Teachers and courses of study?
Awards or achievements?
Special committees or activities?
Service organizations or religious fraternities?
Social activities?
Spiritual growth and insights?

Priesthood:

Deacon:

Date and place?
By whom?
Ward (branch) and Stake (mission)?
Special feelings or happenings?

Teacher:

Date and place?
By whom?
Ward (branch) and Stake (mission)?
Special feelings or happenings?

Priest:

Date and place?
By whom?
Ward (branch) and Stake (mission)?
Special feelings or happenings?

Elder:

Date and place?
By whom?
Ward (branch) and Stake (mission)?
Special feelings or happenings?

Seventy:

Date and place?
By whom?
Ward (branch) and Stake (mission)?
Special feelings or happenings?

High Priest:

Date and place?
By whom?
Ward (branch) and Stake (mission)?
Special feelings or happenings?

Special callings such as sealer or patriarch?

Patriarchal blessing:

Date and Place?
Given by whom?
Ward (branch) and Stake (mission)?
Special feelings or happenings?
Main thoughts of the blessing?

Mission(s):

Call? Reaction?
Farewell?
 Speakers and main thoughts?
 Open house?
Set apart? Date? By whom?
How Financed mission?
Missionary Training Center?
 Foreign language?
 Homesickness vs. spirit felt?
 Companions?
 Special experiences?
 Leaving for the field?

Missionary service:

Areas assigned to?
Companions?
Living arrangements?
Transportation?
Mission president?
Tracting? Street meetings?
Transfers?
Contacts made?
 Doors slammed?
 Conversions? Baptisms?
Spiritual experiences and help?
Problems and temptations?
Special activities (ie conferences, sport events attended etc.)
Preparation days?
Letters from home? Dear Johns?

Spiritual growth?

Return Home:

Date and circumstances?

Who met you at the airport or train?

Released by?

Homecoming in Sacrament meeting?

Adjustments?

Being home?

Language?

Work or school?

Temple:

Baptisms for the dead:

When and where were they done? What temple?

What age?

With family or group?

Special memories or experiences?

Endowment:

When and where endowed? What temple?

What age?

Circumstances? (prepare for mission, before marriage etc.)

Escort?

Special memories or experiences?

Marriage or Sealing:

When and where married/sealed? What temple?

Who was the sealer?

Family and friends in attendance?

Children sealed to parents?

Special memories or experiences?

Sealing to parents:

When and where sealed to parents? What temple?

Who was the sealer?

Age at sealing?

Family and friends in attendance?

Live sealing or work for the dead?

Sealing(s) for adopted children?

Circumstances that led up to sealing?

Special memories or experiences?

New temple:

Temples built in your area?

Open house?
Dedication?

Temple attendance:

Temple visited?
Special circumstances or sacrifices made to attend the temple?
Spiritual experiences in conjunction with temple attendance?

Callings:

For each calling held include the following:

Date and place?
Calling?
Called by?
Set apart by?
Ward(branch) and Stake(mission)?
Who worked with?
Responsibilities, spiritual experiences, successes and frustrations?

Conversion (from another faith):

Circumstances of introduction to the Church of Jesus Christ of Latter-Day Saints?
First impression?
Former church? Background in that church?
Influential people? Missionaries?
Missionary discussions or studying the gospel?
Decision to be baptized?
Special memories or spiritual experiences?
Family reaction?

Testimony:

Circumstances leading up to gaining testimony?
When recognized had a testimony?
Special experiences or influences?
It would be very appropriate in a life history to include a written testimony of beliefs and commitments.

Miscellaneous:

Church building attended?
Building projects?
Associations and friendships because of church activity?
Studying the scriptures?
General Conference?
General authorities met?
Blessings received?

Blessings given?

Other spiritual experiences not already mentioned?

FAMILY: RETIREMENT YEARS

Changes brought by retirement:

Health?

How time spent?

Changes in interests?

Changes in friends and associates?

Travel?

Life-long dreams fulfilled?

Is retirement what you expected?

Grandparenthood:

Name and birth date of grandchildren?

First visit with each grandchild?

Your traits inherited by each grandchild?

Taking care of the grandchildren?

Special memories and experiences with the grandchildren?

CLOSURE

Death of person:

Date?
Time?
Place? (city, county, state, country)
Cause of death?
Expected or unexpected?
Circumstances leading up to death?
Family reactions and feelings?

Viewing and funeral:

Date?
Time?
Place?
Friends and family attending?
Services:
 Conducted by?
 Speakers?
 Tributes?

Burial:

Date?
Time?
Place? (city, county, state, country and location of burial plot)
Graveside service?

What family members survived this person? Their feelings and memories? Their circumstances?

Plans and hopes for the future that were cut short?

Things learned by other family members from this person?

Family heirlooms left by this person and the stories behind them?

Changes seen in the world during the lifetime of this individual?

 Forgotten or obliterated places (roads, graves, buildings, towns etc.)
 Discoveries, inventions and developments?
 Changes in society?
 World events and changes?

Message or council that was left by the person?

