

# 50 memory prompts

REMEMBERING  
your LIFE

## EVERYDAY MOMENTS

1. What's a small habit they had that made you smile?
2. What did their voice sound like?
3. Did they have a favourite seat in the house?
4. What was their favourite meal or snack?
5. What time of day did they love most?
6. What was their daily routine like?
7. Was there something they always carried or wore?
8. What did they do that made others feel cared for?
9. How did they take their tea or coffee?
10. Did they love silence or always have something playing?

## HUMOUR AND QUIRKS

11. What's the funniest thing they ever did or said?
12. Did they have a quirky habit that was "so them"?
13. Did they ever mispronounce a word in a way that became a family joke?
14. Was there a moment when you laughed so hard together you cried?
15. Did they have a funny nickname for someone (or themselves)?

## RELATIONSHIPS AND LOVE

16. What made them a good friend, parent, partner, or sibling?
17. What's a moment when they showed someone love without saying a word?
18. What did they do when someone needed comforting?
19. Was there a particular phrase they always said to the people they loved?
20. How did they express love — hugs, food, advice, humour?

## SENSES AND SOUNDS

21. What music reminds you of them?
22. What did their laugh sound like?
23. Was there a particular scent or perfume you associate with them?
24. Did they hum, whistle, or sing? What songs?
25. What does your memory of them feel like?

## MOMENTS IN TIME

26. What's your favourite photo of them, and what's the story behind it?
27. Do you remember a holiday or special occasion you shared?
28. What was a turning point or big change in their life?
29. Did they have a "glory days" story they always told?
30. What did they do in moments of celebration — or sorrow?

## PERSONALITY AND PRESENCE

31. How did they make you feel when you were around them?
32. What values did they live by?
33. Were they loud and outgoing or gentle and reserved?
34. What did people always say about them?
35. What was their greatest strength?

## FAMILY, TRADITIONS, & CULTURE

36. What tradition did they pass down to you?
37. What recipes do you associate with them?
38. How did they celebrate birthdays or holidays?
39. Did they tell family stories — and how did they tell them?
40. What did they teach you without meaning to?

## LEGACY AND LESSONS

41. What lesson from them do you still carry today?
42. What would they want to be remembered for?
43. What do you think they'd be most proud of?
44. What would you say to them if you could say one more thing?
45. How did they change your life?

## SIMPLE REFLECTIONS

46. What's one word that describes them?
47. What's a moment you'd relive if you could?
48. What do you miss the most?
49. What did they love doing just for themselves?
50. What would you want the next generation to know about them?