

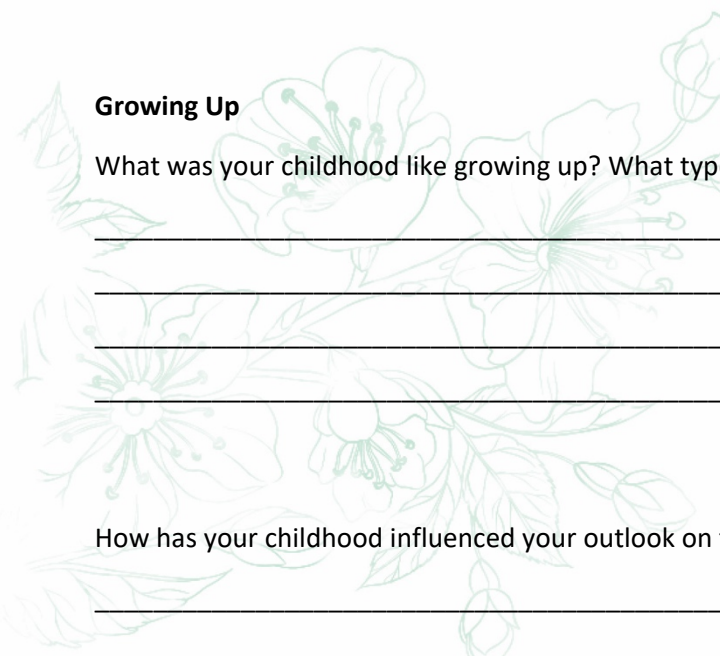
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## Growing Up and Growing Old

### Growing Up

What was your childhood like growing up? What type of home environment did you grow up in?



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How has your childhood influenced your outlook on the world?

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Was there an event or turning point in your childhood that changed the course of your life?

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Describe your relationship with your siblings? How did you spend your time together?

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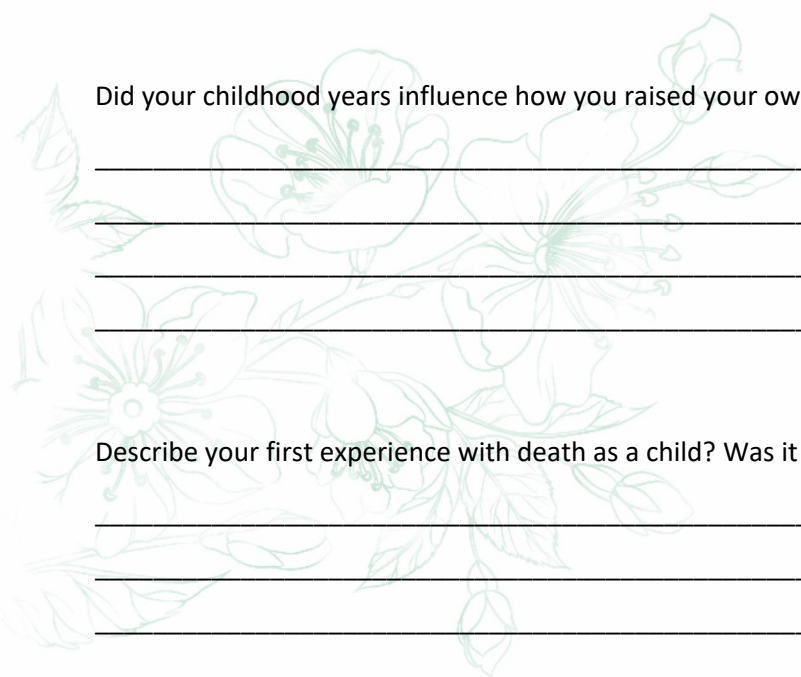
# Capturing family history and life stories

MYFAMILYSTORY.CA

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Did your childhood years influence how you raised your own children?



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Describe your first experience with death as a child? Was it a person or family pet?

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Did your family talk about death and dying when you were young?


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Describe the first funeral you attended?



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# Capturing family history and life stories

MYFAMILYSTORY.CA

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Describe your religious traditions as you grew up? Did you attend mass?



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Describe the sacraments that you participated throughout your childhood?

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Did you have a spiritual role model?

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## Growing Older

Describe how you came to retire?



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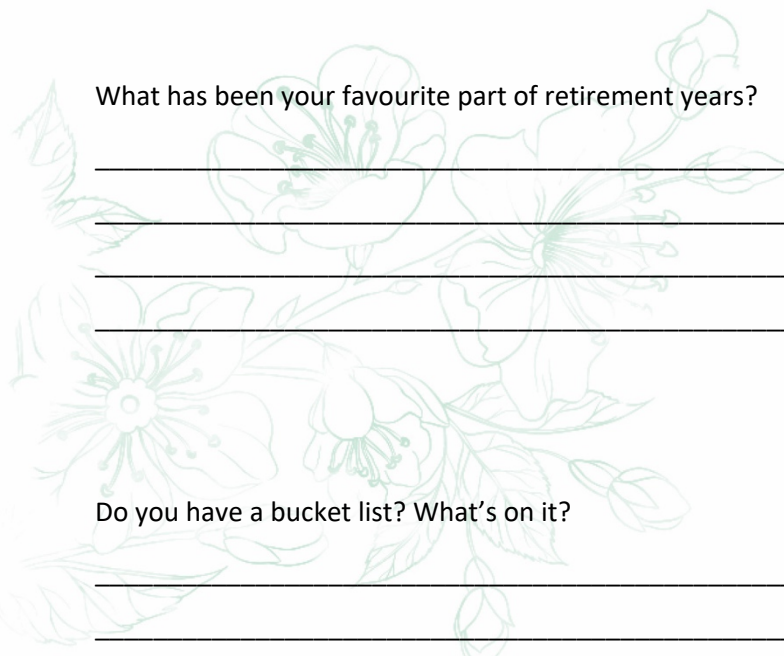
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What has been your favourite part of retirement years?



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Do you have a bucket list? What's on it?

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Have you become more spiritual as you've gotten older? Describe how and why that's important?

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Describe a recent loss? How has your opinion of death changed since your first experience?

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# Capturing family history and life stories

MYFAMILYSTORY.CA

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Did you ever experience a close call with your own death?

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Have you helped a family or friend through the dying process?

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Have you thought about your own death? How do you want to die? Who do you want to be with you?

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How do you want to be remembered?

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If you could write your own epitaph what would it say?

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# Capturing family history and life stories

MYFAMILYSTORY.CA

What do you imagine your funeral to be like?

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Do your children know your end of life plans?

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Do you know your parent's end of life plans?

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## Words of Wisdom

Share your wisdom with future descendants on growing old, death and the aging process.

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