Heart to Heart Hospice™

Memory Journal

Compassionate Care from
Our Heart to Yours

Our life experiences and memories have shaped us, making us who we are. Our reflections on life can be a gift for those we love, as well as, help us find meaning in the life we have led.

A Memory Journal is a way to record your memories, feelings and reflections. Writing down your memories and reflections can aid in helping you to make clear what remains unfinished in your life. This process can allow a chance to right wrongs, forgive and find peace. For your loved ones, your recollections, stories and reflections can provide comfort, insight, and laughter in the days ahead. For generations to come, a memory journal can be a source of wisdom. Journaling your thoughts in this book can be a conduit to convey special messages or instructions for your loved ones.

The following questions capture significant life events, while allowing space for your reflection. As you begin writing, select the questions that seem easiest and most relevant to you. Move through the booklet, as you are able, or have a family member or friend assist you. If needed, we can have a hospice team member or a volunteer help.

Feel free to create and answer your own questions, or choose from options near the back of the journal. It may be helpful to have loved ones ask you questions that are meaningful to them. We hope this tool helps you and your family, laugh, cry, grieve and rejoice!

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Memory Journal

_____

Name

_____

Date

What did you enjoy the most in your childhood and teen years? *(I remember the summer heat, my red flyer wagon and playing baseball in the empty lot next to Memaw's. Once I hit the ball....)*

What was your favorite music, dance or movie in your youth?

What did you dream about as a child, teen, young adult?

How did significant life events shape your view of the world *(i.e. WW2, 9/11)*

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What were the happiest events in your life?

What is one of the funniest things you remember?

How did you meet your spouse/partner?

What do you value most in life?

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Looking back, what if anything would you change or do differently?

What did you learn from some of the tough times in your life?

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What message would you like to leave for future generations?

What message or thoughts would you like to leave for your family?

Are there any special arrangements you want to request of your family?

Memory Journal

Family History

Where did your grandparents come from?

If it was other than the United States, why did they leave their homeland?

Where did they live in the United States?

What did they do for a living?

How many brothers and sisters did they have?

How many children did they have?

What do you remember about your grandparents?

Did their sisters and brothers have any children?

Did anyone in these generations serve in the military?

What type of education did they have?

What stories did your parents tell you about them?

Where did your parents live while they were growing up?

How did they meet?

Did they marry? If so, when and where?

What customs or family traditions have been passed down through the generations?

Memory Journal

Childhood

Where and when were you born?

What was your neighborhood like?

What were your parents like?

What are your favorite memories of them?

What is the most important thing they taught you?

Did you have any brothers or sisters?

What was your relationship like with your siblings?

What kind of things did you enjoy doing together?

What were you like as a child?

What was your role in the family?

What was your school like and did you like it?

What were your hobbies or favorite things to do?

Did you participate in sports, scouts, clubs, or church?

What were your family vacations like?

How did you celebrate holidays?

What was your most memorable birthday?

When did you get your first car? What was it?

What did you like most about your childhood?

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Adult Life

Where did you live when you left home?

What type of education did you get? What degrees?

What was your first job like as an adult?

What were the best and worst jobs you ever had?

What was your last job before retirement?

Did you serve in the military? What was your assignment?

Have you belonged to any organizations? Religious organization?

When did move into your first house/ apartment?

Have you done any traveling? What places did you visit and what did you do there?

What do you remember about the world at different times in your life?

Where were you and what did you think (about) during historic events?

What were some of your greatest accomplishments?

What was the most embarrassing thing you ever did?

Memory Journal

Family Stories

Did you marry? If not why did you remain single?

If you married how did you meet your spouse?

How old were you when you got married?

What was it like when you were dating?

What was popular at the time? (music, movies, clothes...)

What was your wedding like?

Where did you get married? Did you go on a honeymoon?

Where did you live?

Do you have any children?

How do your children's lives differ from yours?

What were your children like as kids?

What were they like as teenagers?

When they excelled how did you reward them?

What were holidays like in your family?

What traditions did you observe?

What was your home and neighborhood like?

Why did you chose to live where you did?

What were the happiest days that you remember?

What were your proudest accomplishments?

What do you recall as the time you felt most proud of each of your children? Why?

Do you have any grandchildren or great-grandchildren and where do they live?

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Love Stories

Who was the first person you ever kissed?

Who did you first fall in love with?

How and where did you meet?

What did you talk about?

Did you have a favorite place to go together?

Did you have a favorite song?

Do you have a special memory of a time you spent with that person?

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Self-Reflection

If you could go back and re-live any part of your life, what would it be?

What was your proudest moment?

What main things guided your life decisions?

At times of stress in your life, what got you through it?

What was your greatest fear growing up? How did you deal with it?

What are the most important lessons you have learned so far?

Who was the one person you admired most? Why?

What are you most sorry about?

What was the hardest thing you ever had to do?

What/Who was the greatest influence in your life?

What thing(s) did your mother/father always say?

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Self-Reflection *Cont.*

What is your most treasured possession and why?

As you look back, what are the three most fantastic changes you witnessed?

What are some of the principles that you have lived by? What guides you?

How well have you been able to live by those principles?

What do you like most about what you do for a living?

Have you ever gotten in over your head? How did you get out?

What accomplishments and recognition have you received? How did they make you feel?

What did you do that led to those accomplishments?

Was your work stressful? If so how did you deal with it?

How do you define SUCCESS?

What gave you the most satisfaction in your career?

Does someone you mentored stand out in your mind?

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Medical History

How old did your great-grandparents live to be or how old are they, if they are still living?

What illnesses or allergies did they have during their lifetime?

If they have passed, how did they die?

How old did your grandparents live to be or how old are they, if they are still living?

What illnesses or allergies did they have? If they have passed, how did they die?

How old are your parents?

What illnesses or allergies did they have? If they have passed, how did they die?

What illnesses or allergies have you had in your lifetime?

Do any specific illnesses run in your family?

If there are allergies what are they?

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Spiritual Life

Describe your spiritual or religious beliefs.

What were your grandparents' and parents' beliefs?

Do you still practice the faith you were born into? If not, when and why did you change?

Have you participated in any celebrations with your faith? If so, what were they?

Tell a story about a memorable experience from that time.

How has your faith helped to guide you through life?

Was there a special time in your life when your faith sustained you in a time of crisis?

Share a story about a prayer that was answered.

Do you believe in miracles? If so, did you ever experience one?

Describe some of the ways that your life has been blessed by your faith.

What would you like to share in regard to your faith?

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