



Your life. Your stories. Your legacy.

## Free DIY BioKit

BioNovel sessions are relaxed conversations and catered specifically for each client. We discuss stories that you already want to tell. Hence, the sessions are quite different than a straightforward Q & A.

If you want to create your own biographical book, this DIY questionnaire can help get the ball rolling down memory lane. Feel free to use this as a guide for interviewing your friends, family or even yourself!

If you are considering a BioNovel, or gifting one, these questions can help streamline the stories you'd love to have *BioNovelized*...

### Tips:

- Before you start, go through some old photo albums. They'll help spark quite a few memories.
- Think about the holidays and put yourself in the mindset of telling or hearing your favorite stories.
- Eat and hydrate. You'll be amazed how much more you'll remember on a full stomach.
- Relax. Take your time. This isn't a race.
- And most importantly, enjoy the process!

## Let the questions begin...

1. When and where were you born?
2. How many siblings do you have and what's your relationship with each of them?
3. Where did you grow up? What was your house/neighborhood like?
4. Who were your closest friends when you were a child, teenager, young adult, now?
5. Where did you go to school?
6. What were your favorite subjects?
7. What were your favorite school activities?
8. Who was your favorite teacher and why?
9. Where did you go do college (if you did), why, and what did you study?
10. When you were a child, what did you want to be when you grew up?
11. What was your favorite family vacation or time spend together?
12. Did you have any pets?
13. What were your favorite books or movies as a child?
14. What is your favorite childhood memory?
15. What is your toughest childhood memory?
16. What were your early romantic relationships like and with whom?
17. What holidays did you celebrate as a family? What did you love most about them?  
What did you like least about them?
18. Were you close to any extended family members?
19. What's the craziest thing you've ever done?
20. To where have you travelled? How did those trips impact you?
21. Did you enjoy participating in your religion when you were a child?
22. Are you religious as an adult? Why or why not?
23. What was the best advice you've ever been given? How did it help you?
24. Who is your favorite relative and why?

25. How would you describe your personality when you were a child?
26. How have you grown and matured?
27. What lessons have you learned?
28. If you could give your child self one piece of advice, what would it be?
29. What was the first family car you can remember?
30. What car did you learn to drive on?
31. What was your first car? How did you get it?
32. Where and when were your parents born?
33. Where and when were your grandparents born?
34. How has your life been different from your parents? From your grandparents?
35. What did your parents do for work? Your grandparents?
36. What was your favorite job? Why?
37. What was the worst job you ever had?
38. How big a role does religion or faith play in your life today?
39. Were you ever in the military? Did you ever see combat? If so, what was that experience like and how has it shaped who you are today?
40. How did you get engaged? How did you know this person was “the one”?
41. When did you get married? Where?
42. What music played at your wedding?
43. What was your favorite memory from your wedding?
44. Where did you go on your honeymoon?
45. What were your favorite bands/songs growing up?
46. What was it like when your first child was born?
47. How many children do you have?
48. How are each of your children unique?
49. What have your children taught you?
50. What’s your favorite thing about being a parent?

51. What's the toughest thing about being a parent?
52. What's your favorite joke or funny story?
53. What are your favorite sayings or euphemisms?
54. What was the best thing that ever happened to you?
55. What was the hardest life lesson you learned and how did you grown from that?
56. What are you most grateful for?
57. What words would you use to describe yourself today?
58. What are you most looking forward to?
59. What are you most passionate about?
60. What scares you the most?
61. What was the most difficult time in your life? How did you get through it?
62. What other obstacles have you had to overcome and how did you do that?
63. What smell brings back your favorite family memories?
64. What regrets do you have? How have you come to terms with them?
65. What your favorite memory of either of your parents?
66. What was it like growing up at the time when you were a child?
67. What has been your greatest achievement so far?
68. What has been your biggest failure?
69. What historical events have you experienced in your lifetime?
70. How would you describe the intricacies of your family dynamics while you were growing up?
71. What is your philosophy of life?
72. Who has been the greatest influence in your life?
73. What is most important to you?
74. What was your favorite age? Why?
75. What age would you love to go back and re-live? Why?