



Record your life stories, on film, simply using your phone!

Life Story Questions

1. What do you know about your family history, in a nutshell?
2. How would you describe your childhood and share a favourite memory?
3. Describe your childhood home
4. What important lesson did you learn from your parents?
5. How did you choose your career or path in life?
6. Tell the story of how you met the love of your life—or a special person who changed your life?
7. What has been your biggest challenge, and how did you get through it
8. What achievement are you most proud of—whether in work, family, or life?
9. What is the best piece of advice you've ever received—or one you'd like to pass on?
10. When people think of you in years to come, how would you like to be remembered?

Tips for filming on your phone

- Film somewhere quiet – do a test to make sure phone picks up your voice clearly before beginning
- Find somewhere with good lighting – ideally natural light from in front of you, not behind
- Lean your phone against something to keep it still or tape it to a window or wall
- Frame your head and torso, leaving a little space above your head
- Have fun and be yourself! You don't need to be formal or rehearsed.