

10 Memory Prompts

Gentle questions to ask your grandparent — and preserve their story forever

These prompts are a gift from **Pages of the Ancestors**, a gentle memoir-writing app made for elderly people and their families. Ask one a week over a cup of tea. Record their voice if you can. You will be amazed what comes up.

1. The earliest memory

What is the very first memory you can remember? Where were you, who was with you, and what made it stay with you?

2. The family home

Describe the house you grew up in. The smell of the kitchen, the sound of the floors, the room you loved best.

3. A parent's voice

If you close your eyes, what is the first thing you hear your mother or father say?

4. The first friendship

Who was your best friend as a child? What did you get up to together that your parents never knew about?

5. A favourite meal

What was a meal that always made you feel loved? Who cooked it, and what made it special?

6. Falling in love

Tell me about the first time you fell in love. What were they like? How did you meet?

7. A turning point

Was there a moment, a person, or a decision that completely changed the direction of your life?

8. A small joy

What is something small from your everyday life that has always brought you happiness?

9. The lesson

What is one thing you wish you had been told when you were younger?

10. A message forward

If your great-grandchildren could read just one paragraph from you, what would you want it to say?

Want to turn these answers into a beautiful printed memoir book?

Visit **pagesoftheancestors.com** — we help your loved one write their life story one memory at a time, with voice recording, gentle AI help, and beautiful printed books at the end.