



## Meaningful questions to help you connect, reflect, and remember

Sometimes the most important conversations are the ones we keep putting off – not out of neglect, but because we're not sure where to start. Whether you're sitting around the table, going for a walk, or just sharing a quiet moment, these questions are designed to help you learn about your loved ones, celebrate their story, and share in life's tender, funny, and unforgettable moments

- What was school like for you? Did you enjoy it?
- What did you want to be when you grew up?
- Who was your childhood best friend?
- What's one memory from your early years that always makes you smile?
- Did you have any special family traditions?
- What are your favourite memories with your parents or siblings?
- How did you meet the important people in your life?
- What makes a relationship strong, in your opinion?
- What advice would you give to your younger self?
- What's one experience that changed your life?
- What are you most proud of?
- What's the best trip or holiday you've ever been on?



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- Have you ever taken a big risk? What happened?
- If you could relive one day in your life, which would it be?
- What life lesson do you think everyone should learn?
- Have your values changed over time? How?
- What does a “good life” mean to you?
- Who has inspired you the most?
- How would you like to be remembered?
- Are there any songs, poems, or readings you’d like at your farewell?
- What message would you like to leave behind for future generations?
- What brings you peace when you think about the end of life?

### **Tips for a Gentle Conversation**

- Create a relaxed, comfortable environment
- Let the conversation flow — don’t rush or force answers
- Be present and open — listen with love
- Record or write down memories if your loved one is happy for you to
- Use humour and warmth — it’s okay to laugh, even in deep moments

*This resource is a gift from  
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