

From LifeKept

The Questions

Send these ahead of time.

Thirty questions across five sections, designed to move from where someone came from to what they know now.

They aren't a script. They're prompts. Let them sit a few days before the first session.

Five sections, about forty-five minutes each.

Part One

Where you *came from.*

Childhood, home, family, the people who shaped them.

Part One · 6 questions

One.01

Where were you born, and what do you know about the place you were born into?

City, neighborhood, any lore about the hospital or the day itself.

One.02

Walk us through the places you lived growing up.

What do you remember about each home? The smell, the light, your room? Which one felt most like yours?

One.03

Describe the family you grew up inside of.

Who was in the house? Who wasn't, and did their absence matter? What was the emotional temperature of your household?

One.04

Tell me about your father.

What kind of man was he? What did he do, and what did you make of that as a kid? What's the story that captures him best?

One.05

Tell me about your mother.

What kind of woman was she? What did you understand about her life that she may not have known you understood?

One.06

Who else shaped you: a grandparent, aunt, uncle, neighbor, teacher?

What did they give you that your parents couldn't, or didn't?

Part Two

Who you *were becoming.*

The kid they were, friendships, first loves, first sense of self.

Part Two · 6 questions

Two.01

What kind of kid were you?

Were you the one making the plans, or following someone else's? What were you into that no one around you quite understood?

Two.02

Tell me about your closest friendships growing up.

Who were your people? What did you do together? Is there a story from those years that still makes you laugh, or wince?

Two.03

What kind of student were you, and how did you feel about school?

Was there a teacher or class that changed something in you?

Two.04

What were your first jobs, and what did they teach you?

What was the strangest, worst, or most memorable?

Two.05

When did you first feel like yourself, like you knew what you were made of?

Was it a moment, a place, a person, or just a slow accumulation?

Two.06

Who was your first love, and what happened?

Take your time.

Part Three

The work you did *in the world.*

Career, calling, contributions, the uncredited work.

Part Three · 6 questions

Three.01

Walk us through the major chapters of your adult life.

Where did you start? What were the turning points? Where did you end up, and what surprised you?

Three.02

Tell me about the most important relationship outside your immediate family that shaped who you became.

A mentor, a colleague, a boss, a rival, whoever left the biggest mark.

Three.03

What are you most proud of that you actually did: made, built, raised, fixed, or fought for?

What made it hard? Why does it still matter to you?

Three.04

What's something you contributed that almost nobody knows about?

Something that mattered but never got the credit or recognition it deserved.

Three.05

What were the lowest moments of your adult life?

What brought you down, and how did you find your way back up?

Three.06

What do you know now about your work that you wish you'd understood earlier?

About the industry, about people, about yourself.

Part Four

Love, family, and *the life you built.*

Partnership, children, the hardest and best parts.

Part Four · 6 questions

Four.01

How did you meet the person you built your life with?

What was your first impression? Were you right? When did you know this was the one?

Four.02

What has been the hardest part of your most important relationship? What has been the best part?

Take your time with both.

Four.03

Tell me about becoming a parent, or the choice not to be one.

What did it change in you? What did you get wrong at first?

Four.04

What's a memory with your child or children that you return to most often?

Not the proudest. The one that keeps coming back.

Four.05

What advice or words of love do you want to give to each of your children, and your grandchildren?

Take as much time as you need.

Four.06

What are you most proud of as a parent, or as a person who showed up for someone else?

Not what you did. Who you were.

Part Five

What you *know now.*

Reflections, what they'd want remembered, the things still unsaid.

Part Five • 6 questions

Five.01

What chapter of your life do you think about most?

Not the most successful. The most alive.

Five.02

Is there a period you've never fully talked about?

Something that shaped you but that you've mostly kept to yourself.

Five.03

What do you know now that you wish you'd understood at 25? At 40?

Take both.

Five.04

What are you still figuring out?

No one has it all figured out. What's still open for you?

Five.05

What do you want the people who love you to remember about you?

Not the resume. The real stuff.

Five.06

If you could say one thing directly to the people who will hear this story, what would it be?

Take all the time you need.

One more thing.

Don't rush *the silence.*

The pause is where the real answer lives. Ask one thing, then stop talking. Most people need a few seconds to get from the surface memory to the one that actually matters.

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