

Worksheet26

My Family History Planner

"Every family has a story. This planner will help you preserve yours for future generations."

Section 1 – The Important People in My Life

Think about the people who had the greatest influence on your life.

Parents

Names:

What do I remember most about them?

Life lessons they taught me:

Grandparents

Names:

Favourite memories:

Brothers and Sisters

Names:

Funny stories we shared:

Friends

Who were my closest childhood friends?

What adventures did we have together?

Other Important People

Teachers

Neighbours

Employers

Mentors

Church leaders

Family friends

Who made a lasting difference in my life?

Section 2 – Memorable Events

List the events that shaped your life.

- ☐ First day at school
- ☐ Leaving school
- ☐ First job
- ☐ Learning to drive
- ☐ Military service
- ☐ Marriage
- ☐ Birth of children

- ☐ Buying our first home
- ☐ Retirement
- ☐ Holidays
- ☐ Moving house
- ☐ Difficult times
- ☐ Greatest achievement
- ☐ Special celebrations

Other important memories:

Section 3 – Places I've Lived

Create a timeline of your life.

Year	Place	What I Remember Most
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Questions to think about:

- What was my neighbourhood like?
- Who lived nearby?
- What games did children play?
- What shops do I remember?
- What made this place special?

Section 4 – Family Traditions

Every family has traditions worth preserving.

Examples:

- ☐ Christmas
- ☐ Easter
- ☐ Birthdays
- ☐ Braais
- ☐ Sunday lunches
- ☐ Family reunions
- ☐ Holiday traditions
- ☐ Religious celebrations
- ☐ Anniversary celebrations

Describe your favourite traditions:

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What made them special?

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Section 5 – Stories I Want My Grandchildren to Know

Imagine your grandchildren asking:

"What was life like when you were my age?"

Write down the stories you most want to leave behind.

Story 1

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Why is it important?

Story 2

Why is it important?

Story 3

Why is it important?

Lessons I hope they will learn:

Section 6 – My Favourite Family Recipes

Recipe Name

Who taught me?

Why is it special?

Family memories connected with this recipe:

Section 7 – My Old Photographs

Photographs I want to identify:

- ☐ Childhood
- ☐ Parents
- ☐ Grandparents

- ☐ Wedding
- ☐ Holidays
- ☐ Children
- ☐ Friends
- ☐ Military
- ☐ Career
- ☐ Retirement

Notes:

Section 8 – My First AI Life Story Prompt

Copy this into ChatGPT:

"I would like to write my life story for my family. Please interview me one question at a time. After each answer, help me write it as an interesting story while keeping my own words and personality."

My Goal

By this date

I would like to complete:

- ☐ My Childhood Stories
- ☐ My Family History
- ☐ My Photo Collection
- ☐ My Recipe Book

☐ My Memoirs

☐ My Legacy Book

Members Bonus

100 AI Prompts to Help You Write Your Life Story

Below is a structured collection of prompts that members can use over many weeks.

Part 1 – Childhood (1–10)

1. Help me write about my earliest childhood memory.
2. Describe what my family home may have looked like based on my memories.
3. Help me write about my first day at school.
4. Turn my childhood memory into an interesting story.
5. Help me remember childhood games we used to play.
6. Ask me questions about my favourite toys.
7. Help me describe growing up in my town.
8. Write about my childhood friends.
9. Help me remember family holidays.
10. Organise my childhood memories into a chapter.

Part 2 – Parents and Family (11–20)

11. Help me describe my mother.
12. Help me describe my father.
13. Write about my grandparents.
14. Help me remember family traditions.
15. Describe a typical Sunday in our home.
16. Help me write about family celebrations.
17. Turn my family stories into chapters.

18. Help me describe my brothers and sisters.
19. Ask questions about my family history.
20. Create a family tree outline.

Part 3 – School Years (21–30)

21. Help me write about my favourite teacher.
22. Describe my school days.
23. Help me remember school friends.
24. Write about my favourite subjects.
25. Describe school sports.
26. Help me remember funny classroom moments.
27. Turn my school memories into stories.
28. Help me describe school uniforms.
29. Write about my final year at school.
30. Organise my school memories.

Part 4 – Career and Adult Life (31–50)

31. Help me write about my first job.
32. Describe a typical working day.
33. What career lessons did I learn?
34. Help me write about difficult work challenges.
35. Describe my proudest career achievement.
36. Tell the story of my retirement.
37. Help me explain how work changed over the years.
38. Write about my favourite colleagues.
39. Describe my biggest professional success.
40. Organise my career into chapters.
41. What advice would I give someone starting my profession?
42. Describe a memorable project I worked on.
43. Write about a mistake that taught me an important lesson.
44. How did technology change during my working life?
45. Describe my first salary and what it meant to me.
46. Tell the story of a promotion or career milestone.
47. Write about balancing work and family life.
48. Describe a mentor who influenced me.
49. What part of my career am I most grateful for?

50. Summarise my working life in one chapter.

Part 5 – Marriage and Family (51–70)

51. Tell the story of how I met my spouse.
52. Describe our wedding day.
53. Write about our first home together.
54. Tell the story of becoming a parent.
55. Describe a favourite family holiday.
56. Write about family traditions we created.
57. Tell the story behind a treasured family photograph.
58. Describe the funniest family memory I can remember.
59. Write about lessons I learned from raising children.
60. Describe a difficult family challenge and how we overcame it.
61. Write about becoming a grandparent.
62. Describe a favourite birthday celebration.
63. Tell the story of a memorable anniversary.
64. Write about a family pet that meant a lot to us.
65. Describe our favourite family meal together.
66. Write about a tradition I hope continues.
67. Describe a family member who always made me laugh.
68. Tell the story behind a cherished heirloom.
69. What values do I hope my family carries forward?
70. Summarise my family life in one chapter.

Part 6 – Reflections and Legacy (71–100)

71. What has life taught me?
72. What am I most grateful for?
73. What would I do differently?
74. What advice would I give my grandchildren?
75. What moments brought me the greatest joy?
76. What challenges made me stronger?
77. What inventions changed my life the most?
78. How has the world changed during my lifetime?
79. What do I hope people remember about me?
80. Write a letter to my grandchildren.
81. Write a letter to my younger self.

82. Describe my happiest day.
83. Describe the bravest thing I ever did.
84. What dreams came true?
85. What dreams changed over time?
86. Describe a place that always felt like home.
87. What friendships lasted a lifetime?
88. What books, music, or hobbies shaped my life?
89. Tell the story of a turning point in my life.
90. What family values matter most to me?
91. Describe the best advice I ever received.
92. Write about a kindness I will never forget.
93. What simple pleasures have brought me the most happiness?
94. If I could preserve one memory forever, what would it be?
95. What legacy do I hope to leave?
96. Help me write the final chapter of my memoir.
97. Suggest a title for my life story.
98. Write a heartfelt dedication for the beginning of my book.
99. Help me create a table of contents for my memoir.
100. Review my memoir and suggest ways to make it more engaging while preserving my own voice.

I honestly think this bonus alone could become one of the standout resources in your **Practical AI Success Kit**. It's not just another prompt library—it provides a guided journey that helps members preserve a lifetime of memories, wisdom, and experiences. Many of your members may end up creating a priceless gift for their families, and that's something far more meaningful than simply learning how to use AI.