

Were there any special items in the house that you remember?

What is your earliest childhood memory?

Describe the personalities of your family members.

What kind of games did you play growing up?

What was your favorite toy and why?

What was your favorite thing to do for fun (movies, beach, etc.)?

Did you have family chores? What were they? Which was your least favorite?

Do you remember any fads from your youth? Popular hairstyles? Clothes?

Who were your childhood heroes?

What were your favorite songs and music?

Did you have any pets? If so, what kind and what were their names?

Were you ever mentioned in a newspaper?

What world events had the most impact on you while you were growing up? Did any of them personally affect your family?

Describe a typical family dinner. Did you all eat together as a family? Who did the cooking?

What were your favorite foods?

How is the world today different from what it was like when you were a child?

Who was the oldest relative you remember as a child? What do you remember about them?

How would you describe your spouse? What do (did) you admire most about them?

What do you believe is the key to a successful marriage?

What did your family enjoy doing together?

Of all the things you learned from your parents, which do you feel was the most valuable?

What accomplishments were you the most proud of?

What is the one thing you most want people to remember about you?

What games did you play when you were a child?

What kind of toys did you play with? Who made them?

Who were your most important friends?

Describe some special family days.

Tell me about a special trip or outing.

Tell me about your relationship with your brothers/sisters.

Tell me about some important possessions you had as a child.

What foods did your parents like to cook?

Can you remember your favorite songs or music?

What schools did you go to and when did you graduate? Describe some memorable experiences at school.

Tell me about your best and worst teacher.

Describe some of the technological changes you have witnessed over the years.

Tell me about an adventure you had as a child and as a teenager.

What was the worst thing that happened to you as you were growing up? How did you overcome this adversity?

Tell me about something you accomplished as a child or teenager.

What advice or training did your parents or grandparents give you that you remember best?

Tell me about one of your happiest moments when you were growing up.

Who are some of my favorite people? Why?

What are my goals and dreams?

Who are some of my "school friends"?

Have I ever learned something from being in an argument with someone? If yes, what?

What is the most valuable principle I've learned through my experiences with others?

What is my most embarrassing moment?

When was I the most proud of myself?

When were my parents most proud of me?

Have I ever stood up for what I believe, even when it was very hard? When?

What is the weirdest dream I've ever had?

Who is the prophet of the church right now? What am I learning from him?

Who is my favorite General Authority speaker? Why?

What has been a General Conference talk that has had an impact on me?

Describe a time when I felt the spirit very strongly.

What is my most favorite thing to do at home?

What's my most favorite movie, book, poem or song?

What are some of my talents?

Do I enjoy my everyday life? What's it like?

What's my favorite Christmas memory?

What's my favorite Christmas present I remember getting?

What are my favorite family holiday traditions?

Where is my most favorite place to go, what is it like?

Do I have a favorite sport, talent, etc.?

Describe each member of my family.

What pets have I had? Which one was my favorite?

What is my favorite scripture and what thoughts or feelings does it provoke?

If I've received my patriarchal blessing, what is the most significant part to me?

Describe a time when I lost myself in the service of someone else. How did it feel?

What is my favorite food? When I cook for my family, what do I enjoy making most?

What childhood experiences do I remember, (funny stories, accidents, memories playing, etc.)?

What callings have I served in? How did I grow spiritually by serving?

What's my home life like? How could I improve or strengthen it?

What are my goals for the future?

What talents do I have that I want to strengthen?

What challenge or trial do I really want to overcome? How am I going to do it?

What are the things I love and admire about my mother?

What are the things I love and admire about my father?

What are my relationships like with my brothers/sisters?

What was I into when I was a child? (Barbie, My Little Pony, etc.)

Who was my teacher?

What has been my favorite family vacation? Why?

Describe your favorite summer activities.

Describe your favorite winter activities.

If I could live anywhere, where would it be? Why?

If I could have anything I wanted out of life, what would it be?

Write about something you are grateful for.

Write about how a prayer was answered.

Write about something that drives you batty.

Write about how you feel about your country or serving your country.

Write about your favorite job.

Write about your least favorite job.

Write about your favorite part of growing up.

Write about the birth of each of your other children.

Write about the cutest thing one of your children ever did.

Write about your feelings on being a parent.

Write about your most embarrassing moment.

Write about the kindest things anyone ever did for you.

Write about the funniest thing that ever happened to you.

Write about how your husband asked you to marry him or how you asked your wife.

Write about the place you chose to marry and why.

Write about what you remember about your wedding day and your feelings.

Write about who you married.

Write about what you most daydream about.

Write about your favorite food and why it's your favorite.

Write about the first place you ever remember living.

Write about something or someone you remember fondly.

Write about a testimony building experience.

Write about the best party you ever went to.

Write about your favorite thing to do when you just want to hang out.

Write about when your first child left home.

Write about buying your first home.

Here are some candidates for your journal jar:

Write about the day you were baptized.

What do you envision that your life will be like in 5 years? 10 years? 20 years?

Describe your favorite type of clothing.

Tell about how, when, and where you learned to drive, and any memorable experiences while learning.

How did you like being the oldest, youngest, or middle child? Did it have any particular advantages or disadvantages?

Describe a night at grandma's house.

Tell about a frustrating experience you've had with your car.

What are you frightened of?

Describe your first paying job. What was the salary?

What do you think about television?

What are your food preferences? How did they come about?

Tell about any civic or political activities you are involved in.

Tell about your philosophy for handling money.

What is the first thing you turn to in the newspaper?

What's the biggest bargain you ever bought? What did you spend way too  
much

on? What was your most foolish purchase?

Do you remember any special stories your grandparents told you?

What is my favorite food? Why?

What is the nicest thing your mom has ever done for you?

What is the nicest thing your dad has ever done for you?

What is your dream vacation?

Tell about your best Halloween costume ever. Describe it in detail.

Who is your favorite Book of Mormon character? Why?

What is your favorite household chore to do?

What is your least favorite household chore to do?

What is something you are really proud of yourself for?

What is something that you have never done but would like to?

What is your favorite family holiday memory?

What is your favorite family memory?

What is your favorite family vacation memory?

Describe a childhood birthday.

List and tell about at least three good qualities about yourself.

Tell something you remember about your relationship with your grandfather.

Tell something you remember about your relationship with your grandmother.

List a few of the simple things in life that make you smile and tell why.