LYFE PLUM

Their Story, *In Their Words*

Here are 50 guided questions Lyfe Plum has created to help you connect, reflect, and capture what matters most.

Childhood & Growing Up

1.) If you could take me on a walk through your childhood neighborhood, what's the first house or landmark you'd point out, and why?

2.) When you think of your childhood home, what's a specific smell or sound (like a screen door slamming or a certain meal cooking) that instantly takes you back?

3.) Did you have a favorite hiding spot or a "secret" place where you went to be alone or play as a kid?

4.) Tell me about the most intense or funniest moment that happened while playing with your childhood friends.

5.) Think of your closest friend growing up—what was the most interesting (or mischievous) thing you two ever got into together?

6.) Describe a specific moment when you watched your parents do something that taught you a lesson you still use today.

7.) Which family tradition always seemed to have the most personality (or chaos) attached to it?

8.) Tell me about your very first day at work—what was the most intimidating part of starting that job?

9.) When you got your very first paycheck, what did it represent to you, and how did you celebrate that new independence?

10.) When you were ten years old, what did you think your grown-up life would look like?

Life Lessons & Turning Points

11.) Looking back, what is one small decision you made as a young adult that ended up changing the entire course of your life?

12.) Who was a mentor or teacher who saw something in you that you hadn't noticed yet?

13.) Tell me about a time you had to make a choice between two paths, neither of which felt perfect—how did you decide?

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Life Lessons & Turning Points *continued*

14.) What is a quiet accomplishment you've achieved that nobody else really knows about?

15.) What is a truth about life that took you several decades to finally believe or understand?

16.) In your opinion, what are three essential ingredients for a good life that don't cost a penny?

17.) Think of a challenge that felt impossible at the time—how did you feel the day you finally made it through to the other side?

18.) Tell me about a hobby or passion you had that was more about the process than the result—why did you love it?

19.) If you could sit down with your 20-year-old self for coffee today, what is the first thing you'd tell them?

20.) What values or "rules for living" (like moving, jobs, or relationships) have guided your biggest life decisions?

Love, Family & Traditions

21.) Tell me about the very first time you laid eyes on your spouse—what was the setting, and what was your first thought?

22.) What is one unscripted moment from your wedding day that isn't in the official photos but you'll never forget?

23.) Describe the exact moment it finally clicked for you that you were responsible for another human being.

24.) If you could whisper one piece of advice into your grandchildren's ears that they would remember forever, what would it be?

25.) What are three values you hope our family is known for 100 years from now?

26.) What is a specific piece of "street smarts" (or life wisdom) you want to make sure your kids never forget?

27.) What is a story about us (your kids/grandkids) that you want to make sure we never stop telling?

28.) Which family tradition do you think is the "glue" that keeps us together, and how can we make sure it doesn't fade?



Love, Family & Traditions *continued*

29.) What is one family story (a “legend” passed down to you) that you want to make sure gets passed on again?

30.) What is one specific thing about your children that makes you say, “I did a good job there”?

Resilience & Wisdom

31.) What is a story that, even decades later, makes you laugh until you cry just thinking about it?

32.) What was the most difficult season of your life (without focusing only on the pain), and who showed up for you in a way you didn’t expect?

33.) If you could record a 30-second message for the family to hear every New Year’s Day, what would you say?

34.) When you hear the word “legacy,” do you think of things, people, or feelings—and why?

35.) Describe a moment of pure, uninhibited happiness (a time when you weren’t worrying about the past or the future).

36.) When was a time you surprised yourself with how strong or resilient you actually were?

37.) Tell me about a friend who changed the way you look at the world.

38.) What was a challenge that was miserable while you were in it, but you are now grateful for because of how it changed you?

39.) What is one piece of wisdom for future generations that you think the modern world is starting to forget?

40.) Who was someone you looked up to as a kid, and how did their example influence how you treated others later in life?

Reflections & Legacy

41.) What is one small daily ritual you have right now that brings you the most peace or happiness?

42.) Describe a place in the world where you feel the most like yourself—what does it look like there?

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Reflections & Legacy *continued*

43.) What song or artist instantly transports you back to being 17 years old, and what were you doing when that song was popular?

44.) What is something you are surprisingly good at that might surprise people who think they know you well?

45.) If you could relive one 24-hour period of your life exactly as it happened, which day would it be?

46.) What world event happened in your lifetime that made you feel like the world changed overnight?

47.) If your life were a book, what would the most exciting or surprising chapter be titled?

48.) Tell me about your first week of college or high school (you mentioned school)—what were you most nervous about?

49.) If you could walk through your childhood home today, which room would you go to first (describe the sounds or the view from the window)?

50.) If this vault could only hold one story from your life to be told 100 years from now, which one would it be?

Don't let these stories slip away.

Capture your memories, reflections, and family wisdom with these 50 thoughtfully curated prompts. From childhood adventures to life lessons, love, resilience, and legacy, these questions help you preserve the moments that matter most.

Record, organize, and revisit them anytime with the Lyfe Plum app.