

A GUIDED MEMORY JOURNAL

Tell Me Your Story

A life remembered, in their own words — while we can still ask.

THESE ARE THE STORIES OF

_____

ASKED AND KEPT BY

_____

Created by a family caregiver, for families who want to remember.

presentcare.app

BEFORE YOU BEGIN

How to use this journal

One day, the people who love this person would give anything to hear their voice tell one more story. This journal is how you catch those stories now — one question at a time, over coffee, in the car, on slow afternoons.

- **There is no order, and no deadline.**
  Open to any question that feels right today. Skip the ones that don't.
- **Let them talk; you write.**
  Sit beside them and fill the page in their words — keep the half-finished sentences and the detours. That's where they live.
- **One question per visit is plenty.**
  Forty-eight questions is a year of Sundays. That is the whole point.
- **Their voice matters more than grammar.**
  This is a keepsake, not an essay. However it comes out is exactly right.

Start anywhere. The only mistake is waiting.

A NOTE FROM THE MAKER

Before the stories begin

I made this journal because I cared for my own mother, and learned how quickly the stories go quiet. It comes from the same place as the app I built, Present Care.

Filling these pages is something a family does together. However it happens — in their own hand, or with you writing as they talk — the stories end up kept. Present Care is for the rest of it: add the people who help to your loved one's circle, so everyone shares the same information and doctor visits become summaries the whole circle can read.

So while this journal keeps their stories, the circle keeps them comfortable, coordinated, and cared for — together.

Present Care — free to try

Be present. We'll remember everything.

presentcare.app

Scan to begin

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PART 1

The Beginning

Where it all started — the house, the people, the child you were.



Where were you born, and what do you know about the day you arrived?

Describe the house you grew up in. Walk me through the front door.

Take your time. The small details are the ones worth keeping.

What is your earliest memory?



What were your parents like when you were young?



What did you do on long summer days as a child?



What smell or sound takes you straight back to childhood?

Close your eyes first, if it helps.

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PART 2

Growing Up

School days, first jobs, trouble narrowly escaped.



Who was your best friend growing up, and what did the two of you get into?

What were you like in school — honestly?



What was your first job, and what did it pay?



What music did you love as a teenager?



What is something you did back then that your parents never found out about?

No one's grading. Tell it.

When did you first feel like a grown-up?



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PART 3

Love & Family

The people you chose and the ones you were given.



How did you meet the love of your life? Tell it slowly.



Start from the very first moment you saw them.

What do you remember about your wedding day?



What was it like the day each of your children was born?

What family tradition do you hope never dies?



What is the hardest season this family came through together?

What do you want your grandchildren to know about where they come from?

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PART 4

Work & Proud Moments

What you built, what you survived, what you're proud of.



What work did you do, and how did you end up in it?



What is the accomplishment you're proudest of?



Tell me about a time you failed — and what it taught you.



Who believed in you when it mattered most?



What was the best decision you ever made?



What did you do that nobody ever thanked you for?



This page is the thank-you.

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PART 5

Wisdom & Beliefs

What a long life has taught you — written down at last.



What do you believe about God, faith, or what comes after this?

What is the best advice anyone ever gave you?



What would you tell your twenty-five-year-old self?



What is worth fighting for — and what isn't?



How do you want to be remembered?



After all these years — what makes a good life?



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PART 6

The Little Things

The favorites, the habits, the small joys that make you, you.



What is your favorite meal, and who made it best?



What song can you not sit still through?

Coffee or tea? Early bird or night owl? Settle the record.



The little preferences matter too.

What is your favorite place on earth?

What always makes you laugh?



What small, ordinary moment do you treasure most?

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PART 7

Family Stories

The legends this family tells — and the ones it doesn't, yet.



Tell the story this family always tells around the table.



What is the funniest thing that ever happened to you?



Tell me about a relative I never got to meet.



What is a story about me as a baby that I haven't heard?



What family recipe or skill should be written down before it's lost?

What is the one story you've never told anyone?

Only if you're ready. It can wait for another day.

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PART 8

Letters to Keep

Three letters they will keep forever.



A letter to my children

Take your time. Cross things out. Say the thing.



A letter to my grandchildren

Take your time. Cross things out. Say the thing.



A letter to whoever finds this, years from now

Take your time. Cross things out. Say the thing.



The questions end. The stories don't have to.

Read one answer aloud at the next family dinner. Print a copy for every child. And if there are blank pages left — good. That's a reason for another visit.

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Scan to keep all of this in your pocket