

## Capture Your Moments

As you and your family members prepare for the upcoming recording event that will **Capture Your Moments**, it is always advisable to prepare and make the most of the time together and to ensure all those treasured moments get shared.

### Take some time and reflect on the details:

- Who will attend?
- How long will the session be?
- Where shall it be held? Quiet & private is good
- Do we want **Meaningful Life** to be part of the prep and recording? Who will reach out to Carla?
- Will there be a main person to honor?
- Who will create & finalize the questions?

### Questions & Topics Options

The following questions & topics are divided into categories and presented as suggestions. This time and sharing should be personalized to your goals and your family. Be creative!

#### ▪ Honoring an Individual – Who is the focus of the recording?

It is often the case that a person or persons are the focus of the dialogue. It can be our parent(s), your siblings, a person facing health challenges or recently deceased. If this is the focus, then consider some of the following topics.

- Place of Birth
- Schools attended
- Occupation(s)
- Grandchildren/ Great Grandchildren
- Faith
- Siblings
- Nationality
- Married – how did they meet? How long?
- Hobbies / Favorite pastimes
- Alive or Deceased – when?

#### ▪ Family Discussion – Group Discussion

- What town did everyone grow up in?
- What was a routine for the family?
- Describe celebrations, holidays, gatherings? Where were they held? Food?
- When did the family start to live their own lives? Where did everyone land?
- What is one memory or keepsake that is treasured from home?
- What was home like? Size, location, etc.
- What were family meals like?

#### ▪ Family Messages – Group Discussion

- Funny stories/ crazy moments
- Memories you cling to
- What do each of you want to share with the group about family memories? All share
- Touching stories/ favorite moments
- Challenging times/ how'd all deal with it

#### ▪ Key Takeaway Messages – Group Discussion – Do one person at a time but all share

- When you look back on your life, how do you want to be remembered?
- A Good Life Lived – define that for your life
- As we end – What final thoughts do you want to share?