#### **HOW TO WRITE YOUR LIFE STORY**

# Worksheet 7 – ADULT MEMORIES

## Home and Family Time

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Hol	idays and outings- (compared to your childhood experiences)
Tra	ditions- birthdays, Christmas, family gatherings (how did these differ from your childhoo
Rela	ationship with parents, siblings and extended family
2 <sup>nd</sup>	marriage/stepchildren

## Work

Е	Describe your workplace and working conditions (changes over the years)
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_ )	old you always desire to have this career path, or did your career path evolve?
	,
F	you are female, what happened when you started your family?
	Nothers- did you return to work after having children? If so when, did you change you
	areer path?
٨	Vhen did you retire?
	- · · · <b>,</b> · · · <del>- · · · · · · · · · · · · · · · </del>

### Recreation

obbies, Interests, Organisations, Sport			
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	Organisations, Sport		

### **Empty Nester**

yc	our children changed?
Н	ow did you feel about becoming a grandparent for the first time?
Gr	andchildren- who, date of birth, relationship
Re	etirement- how did you adjust to retirement, what did you do?
Di	d you downsize?
Tr	avel

Additional Information	