



# *Life***Kept**

Because one day you'll wish you'd asked.

## **The Questions**

*Send these ahead of time.*

Thirty-seven questions across five sections, designed to move from where someone came from to what they know now.

They aren't a script. They're prompts. Let them sit a few days before the first session.

*Five sections, about forty-five minutes each.*

PART ONE

# *Where you came from.*

*Childhood, home, family, the people who shaped them.*

PART ONE · 6 QUESTIONS

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1.01

**Where were you born, and what do you know about the place you were born into?**

*City, neighborhood, any lore about the hospital or the day itself.*

1.02

**Walk us through the places you lived growing up.**

*What do you remember about each home? The smell, the light, your room? Which one felt most like yours?*

1.03

**Describe the family you grew up inside of.**

*Who was in the house? Who wasn't, and did their absence matter? What was the emotional temperature of your household?*

1.04

**Tell me about your father.**

*What kind of man was he? What did he do, and what did you make of that as a kid? What's the story that captures him best?*

1.05

**Tell me about your mother.**

*What kind of woman was she? What did you understand about her life that she may not have known you understood?*

1.06

**Who else shaped you: a grandparent, aunt, uncle, neighbor, teacher?**

*What did they give you that your parents couldn't, or didn't?*

PART TWO

# *Who you were becoming.*

*The kid they were, friendships, first loves, first sense of self.*

PART TWO · 7 QUESTIONS

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2.01

**What kind of kid were you?**

*Were you the one making the plans, or following someone else's? What were you into that no one around you quite understood?*

2.02

**Tell me about your closest friendships growing up.**

*Who were your people? What did you do together? Is there a story from those years that still makes you laugh, or wince?*

2.03

**What kind of student were you, and how did you feel about school?**

*Was there a teacher or class that changed something in you?*

2.04

**What were your first jobs, and what did they teach you?**

*What was the strangest, worst, or most memorable?*

2.05

**When did you first feel like yourself, like you knew what you were made of?**

*Was it a moment, a place, a person, or just a slow accumulation?*

2.06

**What was the wildest thing you did before the age of 25?**

*You can plead the Fifth, but we hope you won't.*

2.07

**Who was your first love, and what happened?**

*Take your time.*

PART THREE

# *The work you did **in the world.***

*Career, calling, contributions, the uncredited work.*

PART THREE · 9 QUESTIONS

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3.01

**How did you find your way into the life you built in adulthood?**

*Whether that was a career, a calling, a family you raised, how did you get there? Was it a plan, an accident, or someone who opened a door?*

3.02

**Walk us through the major chapters of your adult life.**

*Where did you start? What were the turning points? Where did you end up, and what surprised you?*

3.03

**Tell me about the most important relationship outside your immediate family that shaped who you became.**

*A mentor, a colleague, a boss, a rival, whoever left the biggest mark.*

3.04

**What's the story you've told the most about your life's work?**

*The one that comes out at dinner tables, at reunions, at the end of a long night.*

3.05

**What are you most proud of that you actually did: made, built, raised, fixed, or fought for?**

*What made it hard? Why does it still matter to you?*

3.06

**What's something you contributed that almost nobody knows about?**

*Something that mattered but never got the credit or recognition it deserved.*

3.07

**What were the lowest moments of your adult life?**

*What brought you down, and how did you find your way back up?*

3.08

**What decisions would you make differently?**

*Not regrets exactly. Just the ones you still think about.*

3.09

**What do you know now about your work that you wish you'd understood earlier?**

*About the industry, about people, about yourself.*

PART FOUR

*Love, family, and **the life you built.***

*Partnership, children, the hardest and best parts.*

PART FOUR · 8 QUESTIONS

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4.01

**How did you meet the person you built your life with?**

*What was your first impression? Were you right?*

4.02

**Tell me about the moment you knew.**

*When did you realize this was the person? Was it a thunderbolt or a slow accumulation?*

4.03

**What was your wedding like, or your decision not to have one?**

*Is there a story from that time that captures your relationship perfectly?*

4.04

**What has been the hardest part of your most important relationship? What has been the best part?**

*Take your time with both.*

4.05

**Tell me about becoming a parent, or the choice not to be one.**

*What did it change in you? What did you get wrong at first?*

4.06

**What's a memory with your child or children that you return to most often?**

*Not the proudest. The one that keeps coming back.*

4.07

**What advice or words of love do you want to give to each of your children, and your grandchildren?**

*Take as much time as you need.*

4.08

**What are you most proud of as a parent, or as a person who showed up for someone else?**

*Not what you did. Who you were.*

PART FIVE

## *What you **know now.***

*Reflections, what they'd want remembered, the things still unsaid.*

PART FIVE · 7 QUESTIONS

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5.01

What chapter of your life do you think about most?

*Not the most successful. The most alive.*

5.02

Is there a period you've never fully talked about?

*Something that shaped you but that you've mostly kept to yourself.*

5.03

What do you know now that you wish you'd understood at 25? At 40?

*Take both.*

5.04

Who were you before the world got its hands on you, and how much of that person is still here?

*Take your time.*

5.05

What are you still figuring out?

*No one has it all figured out. What's still open for you?*

5.06

What do you want the people who love you to remember about you?

*Not the resume. The real stuff.*

5.07

If you could say one thing directly to the people who will hear this story, what would it be?

*Take all the time you need.*

ONE MORE THING

## ***Don't rush the silence.***

*The pause is where the real answer lives. Ask one thing, then stop talking. Most people need a few seconds to get from the surface memory to the one that actually matters.*

*[lifekeptapp.com/keepers-guide](http://lifekeptapp.com/keepers-guide)*