



# 21 Magic Questions

**to help you  
collect memories  
from your  
EARLY ADULT YEARS**

Visual Life   
**STORIES**  
[www.visualifestories.com](http://www.visualifestories.com)

# Tips for collecting your memories

Our favourite 21 Magic Questions are presented here for you to ponder, to let your mind wander. Make a cup of tea. **Take your time.**  
**Enjoy the memory journey.**

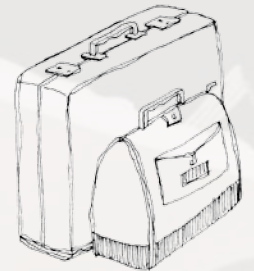
- 1 The "You" in the story can be anyone: you, your mother, father, an aunt, uncle, sister, brother, friend, neighbour, everyone has a story.
- 2 We recommend you read through all the questions before starting. Close your eyes and visualize the past.
- 3 As you start writing, focus on capturing the essence of the memory. Putting the answers into "containers" helps to condense your story. You can write in bullet form or word fragments. The key is to capture the essential story.
- 4 Look for opportunities where visual images such as sketches, maps or photos will help tell the story of your memory. In order to add visuals you will need to take the story from this document and copy it into another file format. This is something we can help you with.
- 5 Colour can be added to the background, around titles or into sketches. Pencil crayons, felt pens and chalk pastels work well.



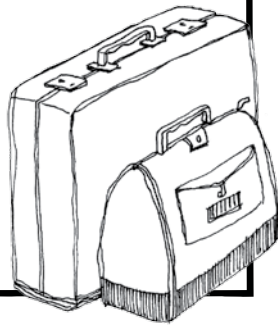
Share these questions with people who are important to you. Everyone has a story.

These 21 Magic Questions are a selection of questions we have developed for our upcoming Create Your Own Visual Life Story workbook.

**Enjoy the feeling of saving and sharing your memories.**



When you left the family home for the first time, how old were you and where did you go?



Whom did you meet that became important in your life (maybe a mentor, friends, a love interest, etc.)?

Describe the place(s) in which you lived over the first 10 years of your adult life. Did you share living spaces with anyone?

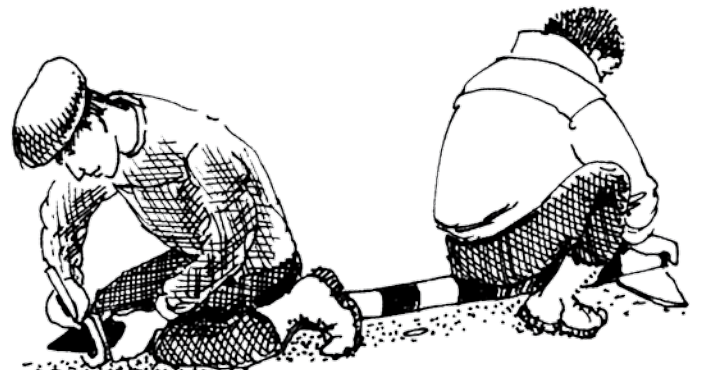




Describe some of the places in which you worked in your young adult years. How did you get to work?

On a day off work, where would you most likely have been found, and with whom?

Do you have any favourite stories from past workplaces?



What are some key pop culture things you remember from this time?

What hobbies did you pursue in your free time?



What were your most prized possessions during this period of your life?

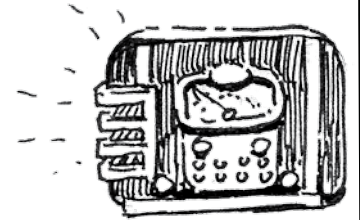
Describe your favourite place to eat out: the restaurant's name, street it was on, interior decor and the food you might order.



Share a story about some early dating experiences.



Did you have a significant piece of artwork or family heirloom at that time? Describe it.



Which holiday your favourite? Why?

What are a few of your favourite things about your family?

Talk about the best surprise someone in your family has ever given you.

What would you say might be the best gift anyone in the family could give you?



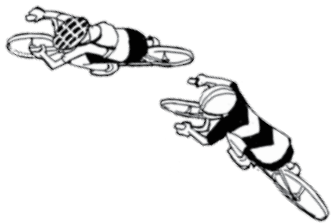
Recall an experience of great joy. Did you share it with another person? Where were you? What were you doing?

Is there any one person who had some profound impact on your young adult life? What was your relationship? Was there any specific advice received that you carried with you in life?





When you reflect back on this period of your life, do you have memories of things you are proud of doing and accomplishing?



What was one thing you used to do that you feel reflects the person you have become?



When you look back on the life you have lived to this point, what one thing impresses you the most?

