
WISTMEM FAMILY STORIES / FREE PRINTABLE STARTER

One story to keep.

*A small beginning for the memories
you want to carry forward.*

The cup they always used. The song they sang wrong.
The way they said your name.

You do not have to save a whole life today. Choose one question, make a little time, and
leave room for the story that comes next.

THIS STORY BELONGS TO

Remembered with

For Mom, Dad, or anyone whose story you want to remember.

BEFORE YOU BEGIN

Make room for a conversation.

Pick one question. A few unhurried minutes are enough for a beginning. You can return to the other pages another day.

Start somewhere familiar.

Sit where you both feel comfortable. A photograph, a recipe, or a cup of tea can make the first question easier.

Follow the detail.

Listen without rushing to the next question. Try: "Who else was there?" or "What happened next?" A pause can be part of the story.

Let them choose.

They can skip any question or stop whenever they like. Ask before recording. Agree on who may read, hear, or receive the story.

Keep a little of their voice.

Write down a phrase just as they said it. If you are writing from memory, say so; it is all right not to know every detail.

IF ASKING THEM IS NO LONGER POSSIBLE

Begin with what you remember, a photograph, or a story from someone who knew them. Leave gaps where you need to. There is no deadline for remembering.

03 / 08

Who made an ordinary day feel special?

04 / 08

05 / 08

04 / MORE THAN A PHOTOGRAPH

Keep the story around it.

Choose a photograph, or sketch a scene you remember. An ordinary moment is enough.

A photograph, a sketch, or a description of the scene

Who is here?

Where and roughly when?

WHAT HAPPENED JUST BEFORE OR AFTER THIS MOMENT?

Unsure of a name or date? Leave a note instead of guessing.

05 / SOMETHING TO CARRY FORWARD

What would you tell the next person?

Imagine someone in your family finding these pages years from now. What small thing would you want them to know about this person?

ONE STORY, DETAIL, OR PHRASE TO PASS ON

NEXT TIME, I WOULD LIKE TO ASK ABOUT...

Remembered / told by:

Date / who may read or receive these pages:

THE NEXT STORY

This is already a beginning.

A name now has a voice. A photograph has a little more of its story. Something ordinary has been given a place to stay.

Keep these pages somewhere you can find them again. Share a copy with someone the storyteller has chosen, or leave a note about where the originals are kept.

WHEN YOU FEEL READY TO CONTINUE

The WistMem Mom and Dad journals offer 96 questions across 12 chapters, with space for handwriting, recipes, photographs, and extra memories. Each 160-page journal is designed for print, in paperback and hardcover.

Explore the Mom and Dad journals

wistmem.com/journals

Visit the journal pages for current ordering availability.

Find more free conversation starters

wistmem.com/questions

One question is enough for today.

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