

A top-down view of a desk with a spiral notebook, a black pen, and a small potted plant. The notebook is open, and the pen is resting on it. The plant is in the top left corner. The background is a light-colored wooden surface.

Questions to ask
**THOSE WHO
CAME BEFORE
US**

SARA BRUNSVOLD

SARABRUNSVOLD.COM |

FB: @SARABRUNSVOLDAUTHOR |

IG: @SARA_BRUNSVOLD

Those who have come before us are full of hard-won wisdom. Their stories and experiences are highly relevant to what we face today. These questions are designed to start edifying conversations and foster meaningful intergenerational connections.

Be a blessing to someone who has gone before by being curious about their stories, and may their stories be a blessing to you in return.

What was your favorite way to have fun when you were younger?

What hobbies did you enjoy when you were younger?

Whom do you call or write the most often when you were younger?

What place did you find solace the most?

What job did you hold that you most enjoyed and why?

What skills did you master?

Tell me about an adventure you went on.

What state or country do you never want to go back to and why?

When people came to you for help when you were younger, what do they usually want help with?

What genre of music brings you the most happiness?

What were your favorite movies when you were a young adult?

Who has impressed you most with what they've accomplished?

What was your ideal way to spend the weekend when you were younger?

What was something that is considered a luxury when you were younger that is commonplace today?

What is something you like to do the old-fashioned way?

What book has had the most influence over you?

What games did you enjoy most when you were younger?

How did you relax after a hard day?

What's the farthest from home you've ever been?

Where is the most interesting place you've been?

What is special about the place you grew up?

What were you absolutely determined to do as a young adult?

When was the last time you changed your opinion or belief about something major?

How do you want people to remember you?

What did you think you would grow out of but haven't?

What are some of the events in your life that made you who you are?

There are two types of people in this world. What are the two types?

If you could make one rule that everyone had to follow, what would it be?

How have the events of your life shaped your view of God?

What makes a good life?

What was the most memorable gift you have ever received?

What do you like most about your family?

If you could talk to your younger self, what would you say?

What amazes you every time you think about it?

What's the best thing you got from your parents?

What's the best and worst thing about getting older?

What incredibly strong opinion or belief do you have that is completely unimportant in the grand scheme of things?

If you had to relive one 10-minute block of your life for all eternity, what 10 minutes of your life would you choose?

What keeps you up at night?

What do you regret not doing, if anything?

What gives your life meaning?

What recipes did you rely on when certain foods were unavailable?

How did you supplement for your family when certain supplies were limited?

How did you ensure the kids in your life knew joy and love?

How did you take care of yourself, physically and emotionally when times were hard?