



Memory Journal



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Introduction



Life is a funny thing, we spend it waiting for the time to pass, but all too quickly, the years have flashed by us. As Cesare Pavese says, “We don’t always remember the days, but we always remember the moments.”

Your story is an important one. Whether you think so or not, your memories, experiences, and life lessons are meaningful. Not just to your family and friends, but to you. Memories bring us to a happy place and nostalgic moments in time that helped shape us.

It’s never too late to share your past. It may be a funny story, a troubling time, or wisdom that you learned in your younger years. Whatever it may be, writing it down helps us to reflect and revisit our past in an enjoyable and cherished way. Whether you choose to share this journal with those special to you or keep it to yourself, you’re sure to have a delightful trip down memory lane.

In this book you’ll find seven different chapters with questions and prompts to help frame your reflections and memories over the years. You can skip questions, elaborate on some, and add others that you think are important. There’s space to write down what comes to mind, as well as room for photos, and pages for reflections at the end. Enjoy!

“Memories are a way to hold onto the things you love, the things you are, and the things you never want to lose.” – Kevin Arnold



Chapter 1: Your Birth & Background

Early Memories

Where were you born?

How did you celebrate your birthdays as a young child?

What was your favorite toy to play with as a child?



Parents

What are your parents' names?

What memories do you have of your mother when you were a child?

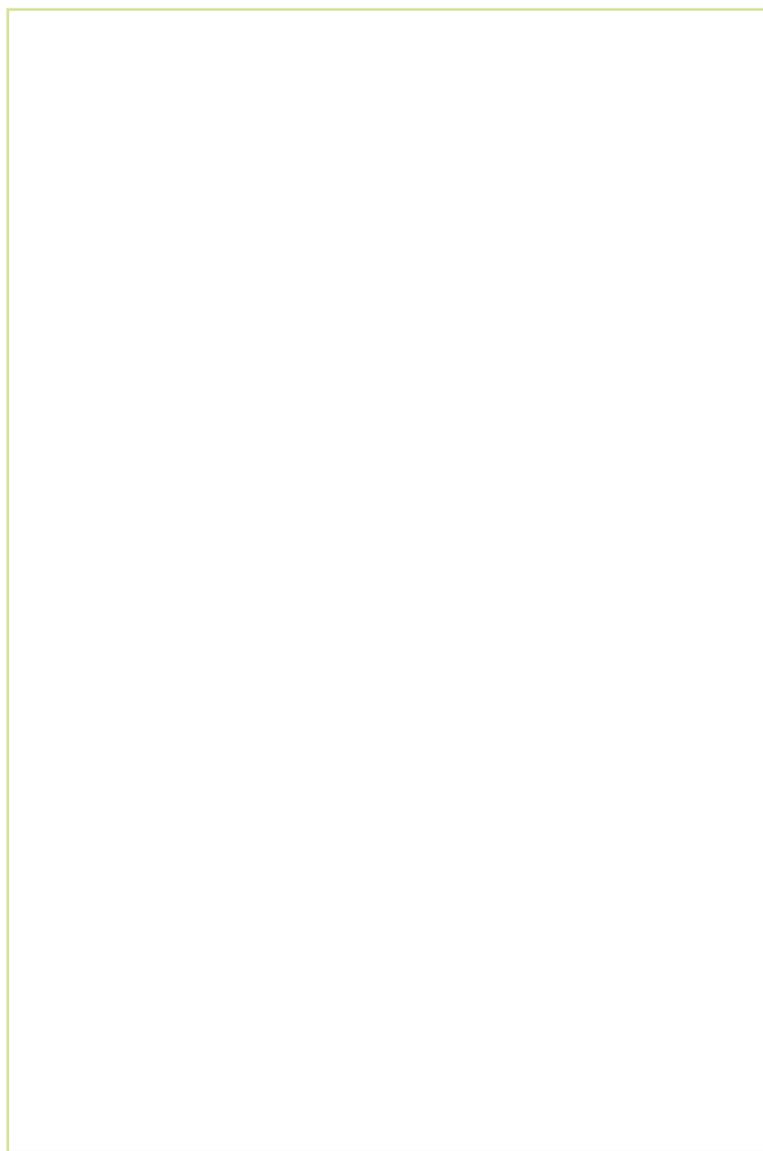
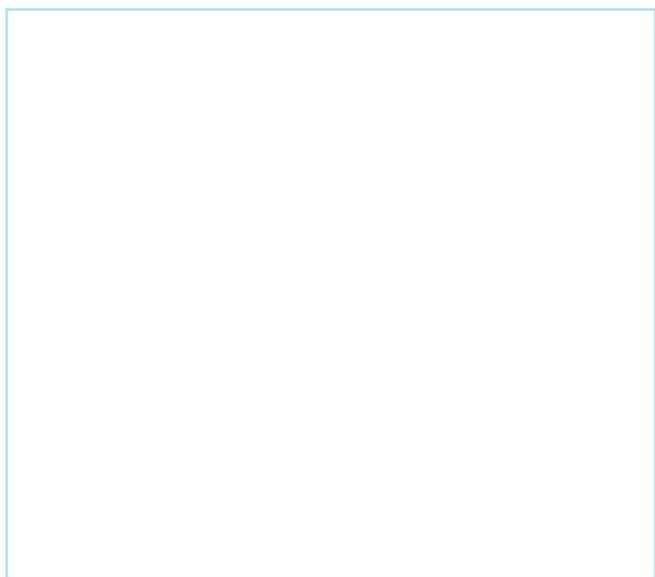
What memories do you have of your father when you were a child?

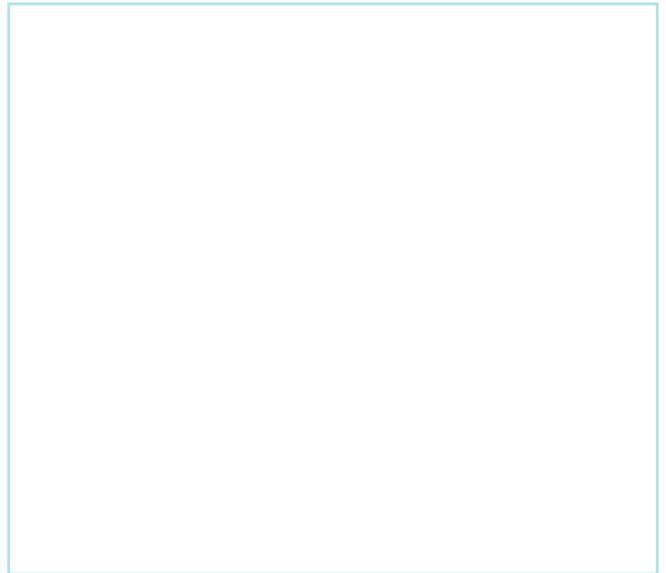
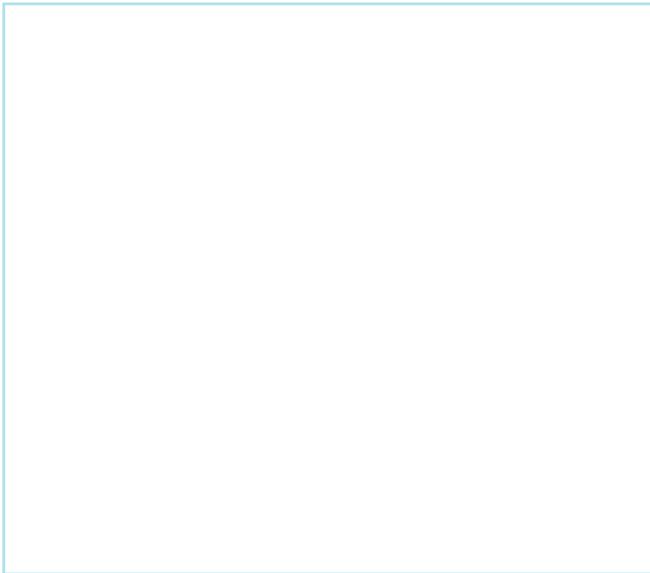
What did your parents do for a living when you were growing up?

What traditions did your parents start when you were younger?



Photos & Reflections







Family

Do you have any siblings?

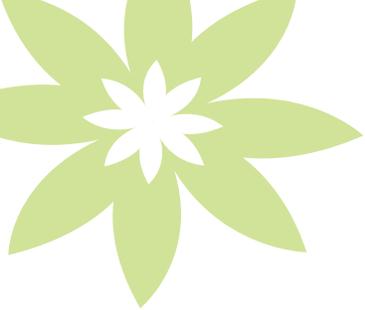
Which sibling(s) did you get along with best?

Which sibling(s) did you argue with?

Were you close with your cousins or aunts & uncles?

What holidays did you celebrate as a family?





Friends

What friends do you remember from your childhood?

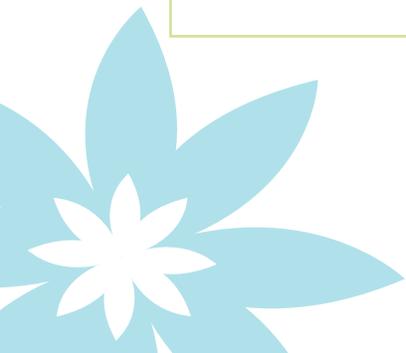
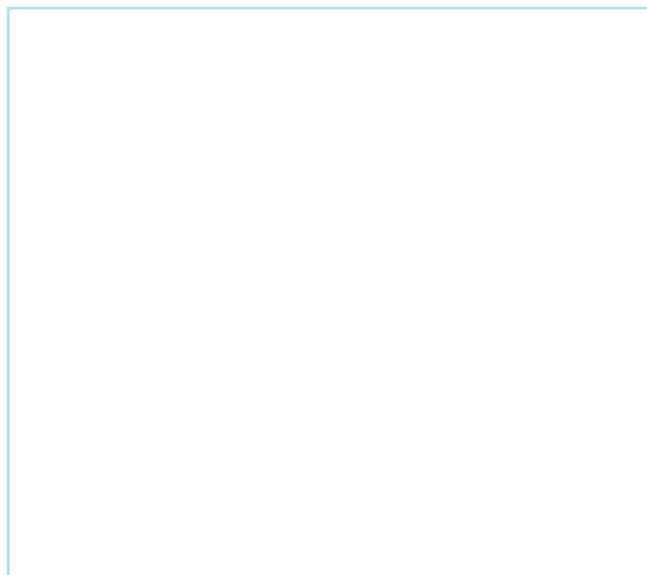
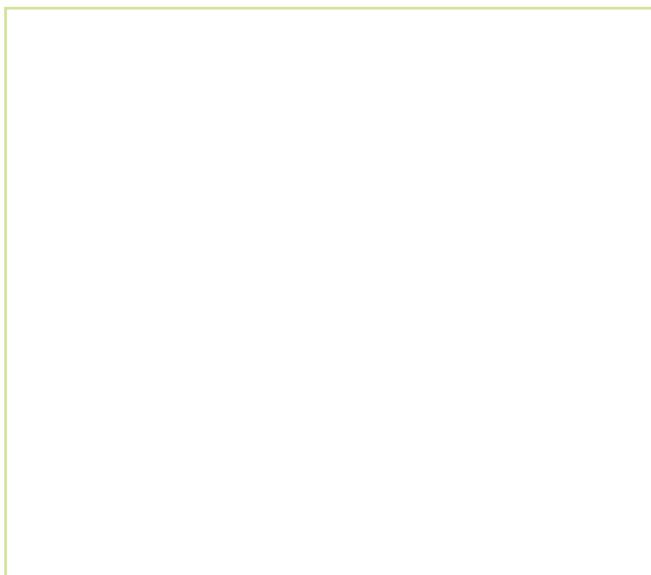
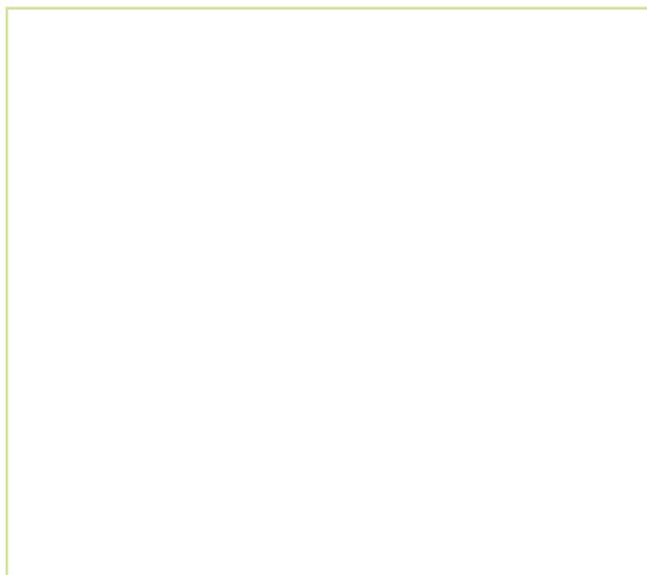
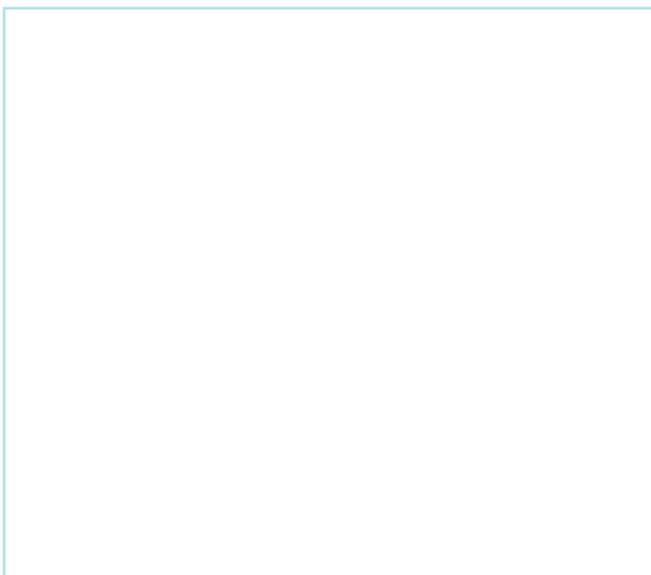
Did you ever get in trouble with your friends?

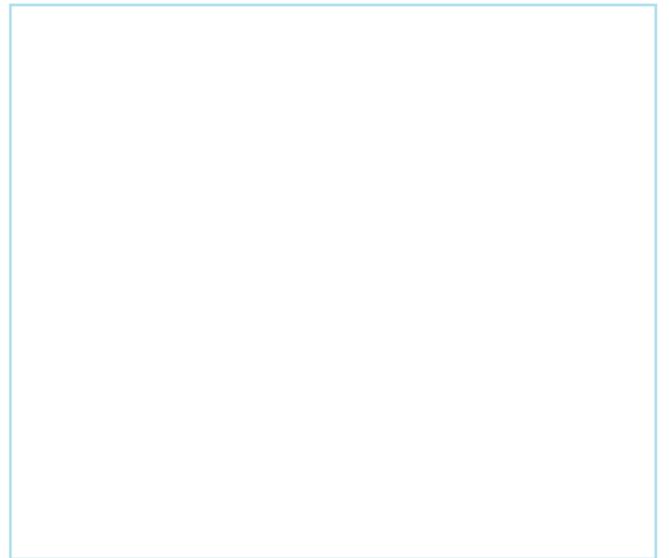
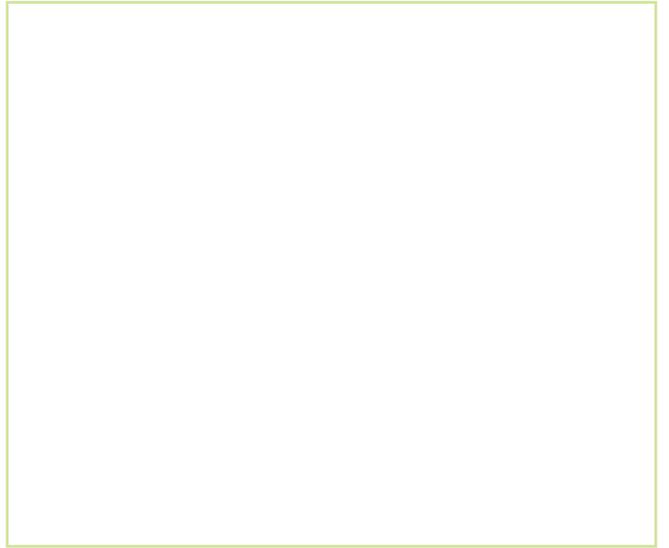
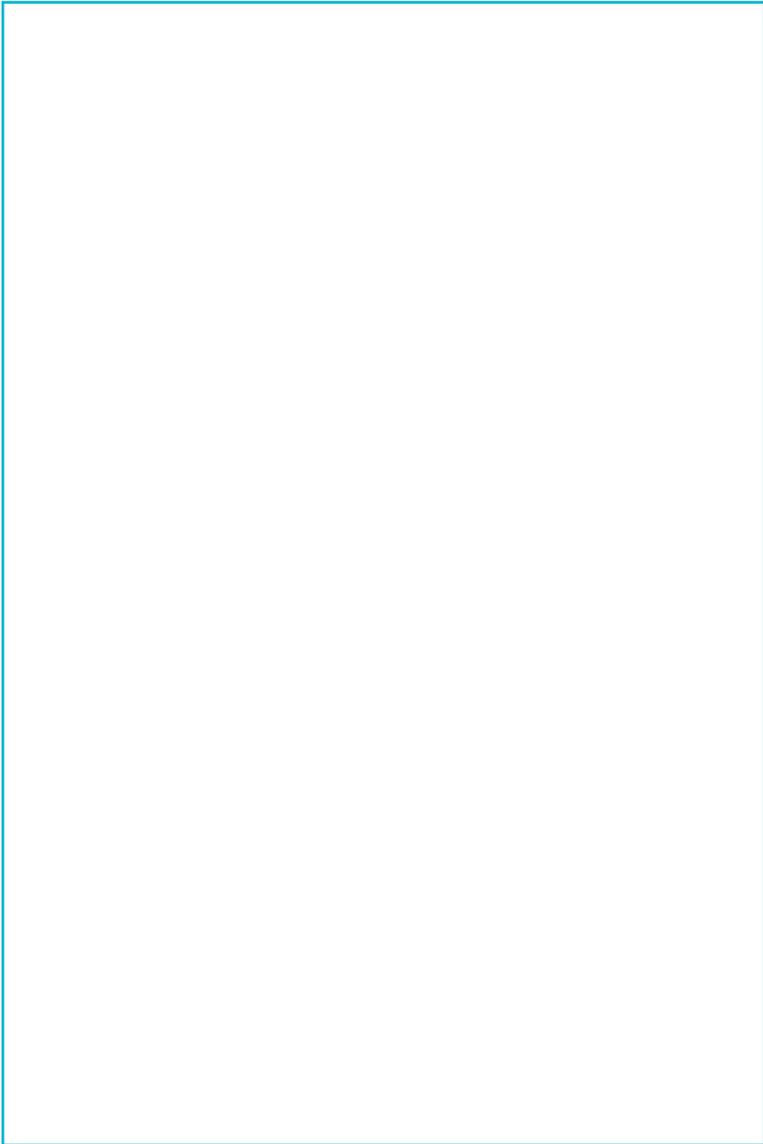
Who were some family friends you spent a lot of time with?

What was your favorite thing to do with your friends?



Photos & Reflections







Chapter 2: Childhood and Teenage Years

Childhood Memories

What childhood memory stands out?

What was your favorite song as a child?

What types of clothing did you wear as a child?

Did you have any favorite books?





Teenage Memories

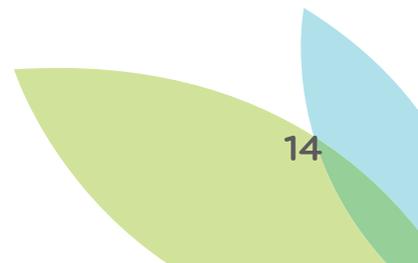
What was the most rebellious thing you did as a teen?

What kind of music did you like to listen to?

Who was the first boy/girl you went on a date with?

What did you do on nights and weekends for fun?

Did you have a job as a teen?



Life as a Child & Teen

What rules do you remember your parents having?

What radio or television programs did you like?

How much did things cost? (Gas, milk, ice cream...)

Did you have chores at home? What were they?

Were you allowed to date? At what age?



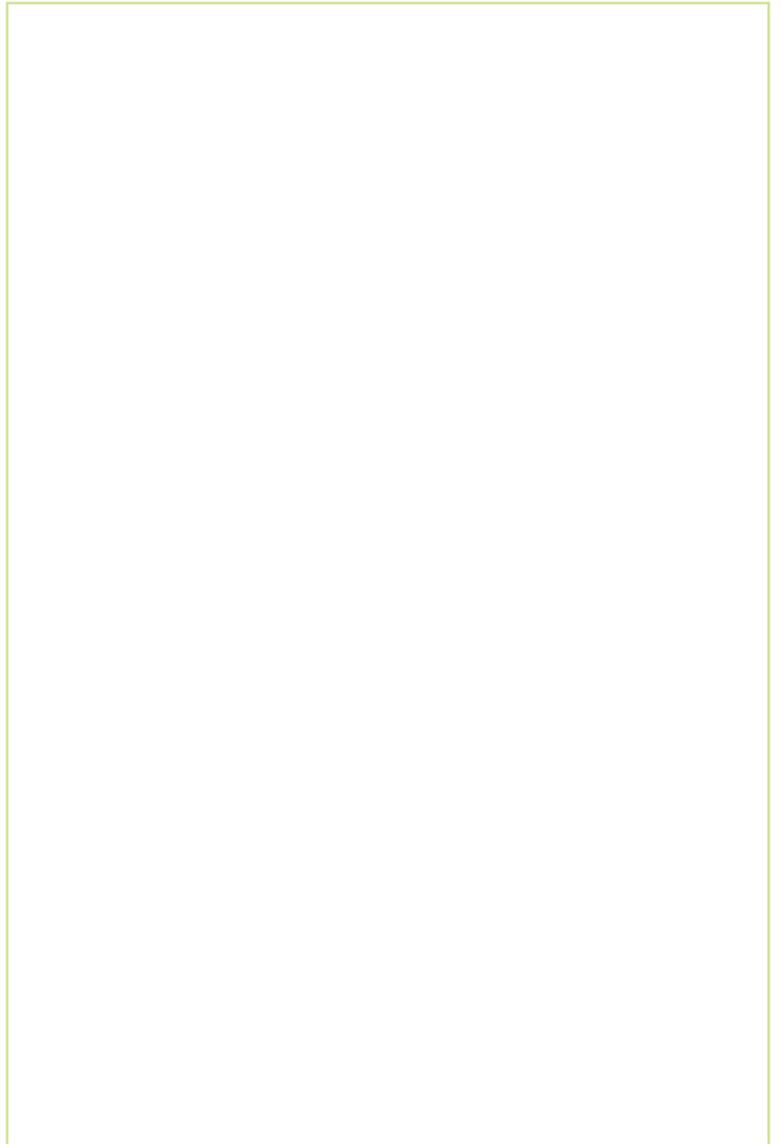


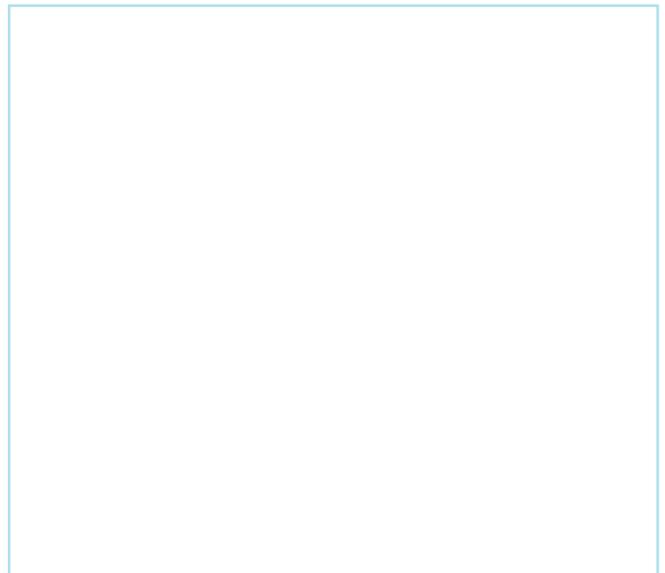
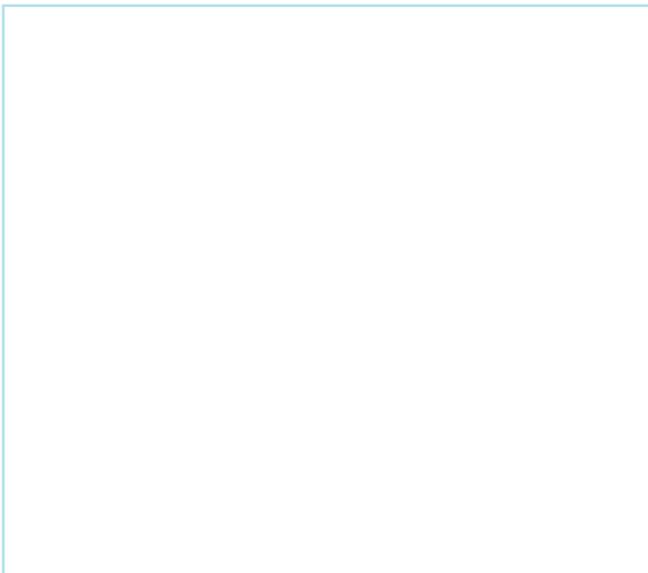
Where were your childhood and teenage homes? Did you ever move?
How were you punished when you were in trouble?
How did you celebrate when you did something good?
Who was in your group of friends? Were any of them lifelong friends?
What did you want to be when you grew up?





Photos & Reflections







Chapter 3: Student Life

Early School Years

Where did you attend school when you were younger?

Who were some of your favorite teachers?

How did you get to school? How long did it take?





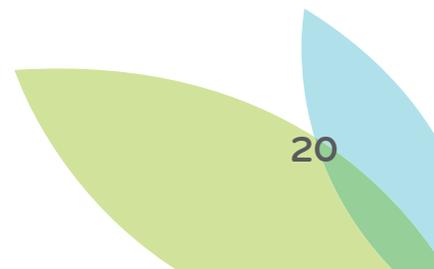
Middle School

What subjects were you best at?

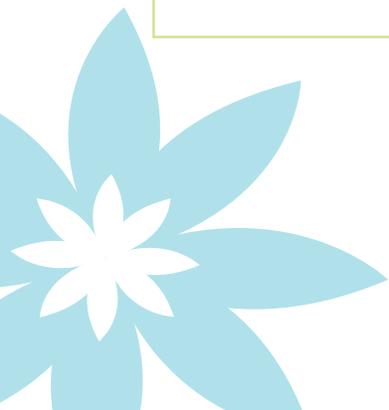
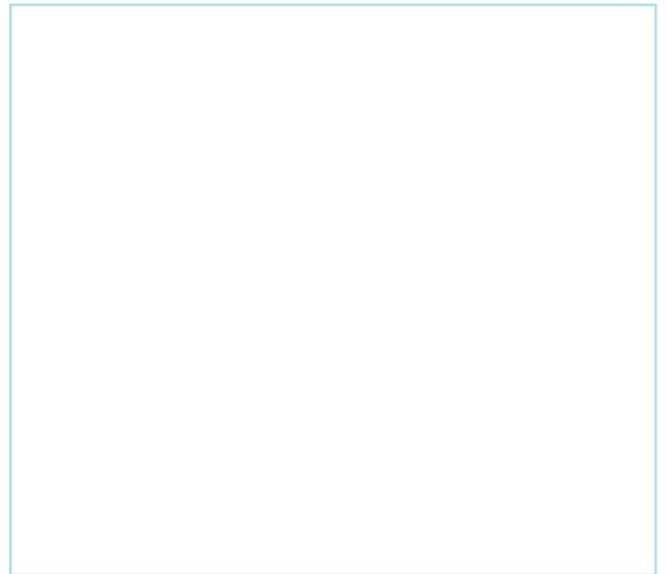
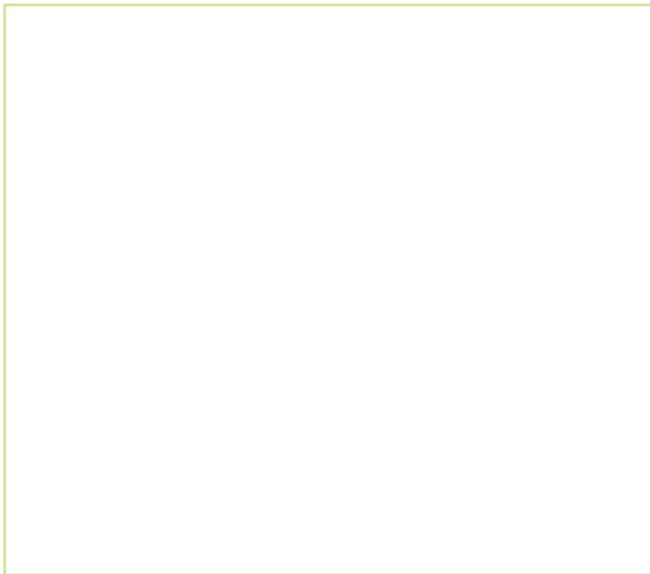
Did you have to write in cursive?

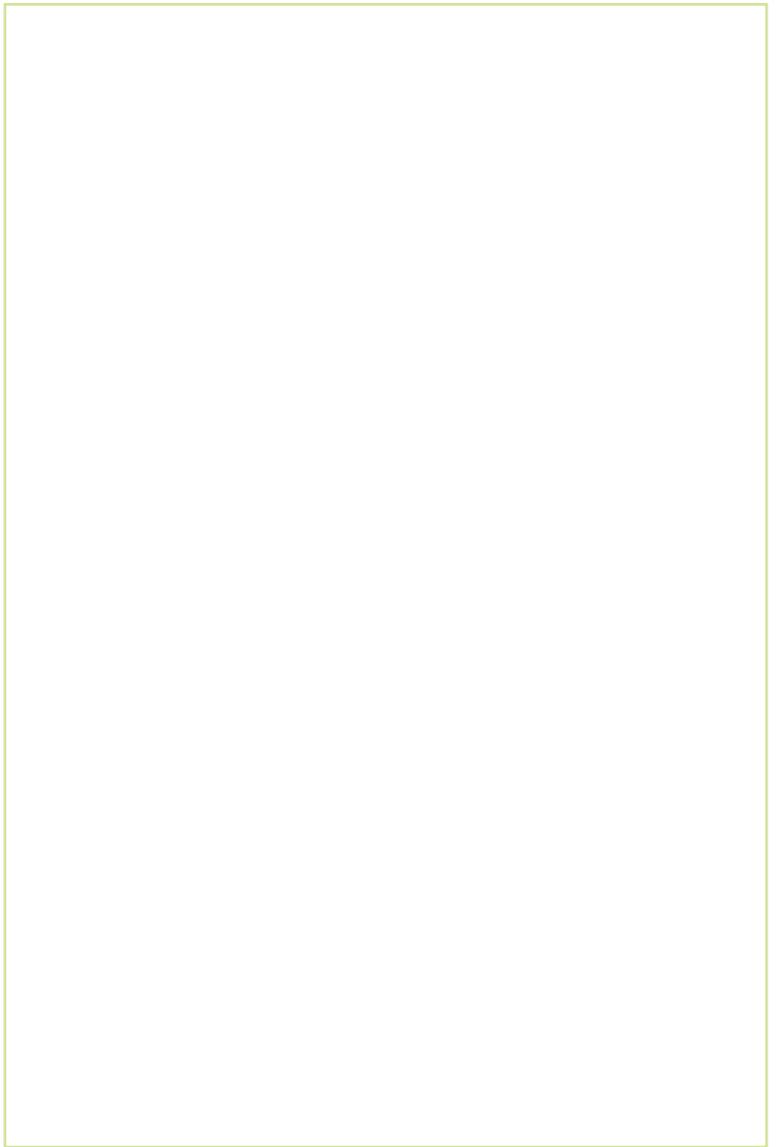
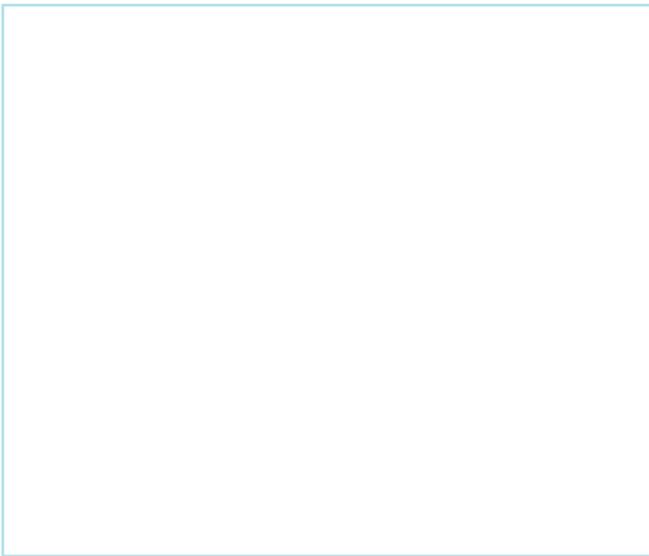
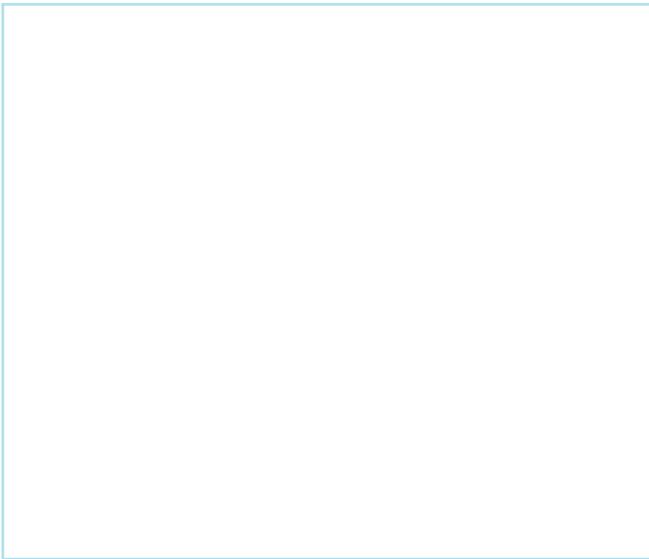
What kind of student were you? (Talkative, distracting, shy...)

Were you involved in any after-school activities?



Photos & Reflections







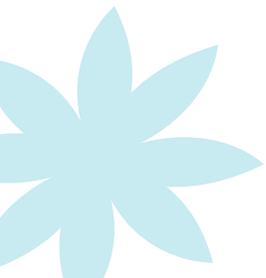
High School

What types of classes did you have? (Choir, phy ed, math, etc.)

Were you in any organized sports or clubs?

What hours were you in school?

Did you get good grades in school?





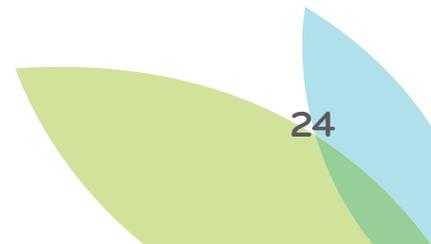
College & Other Education

What was the process you had to follow for education beyond high school?
(Applying, tests, etc.)

What college did you attend?

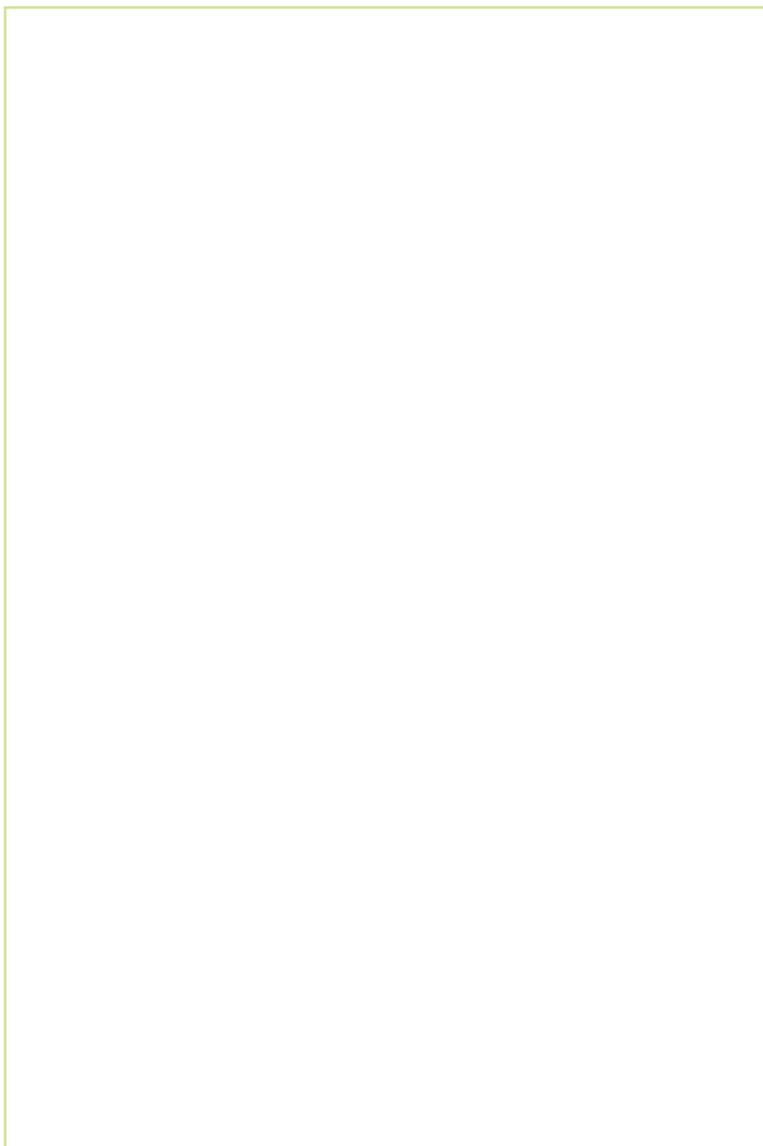
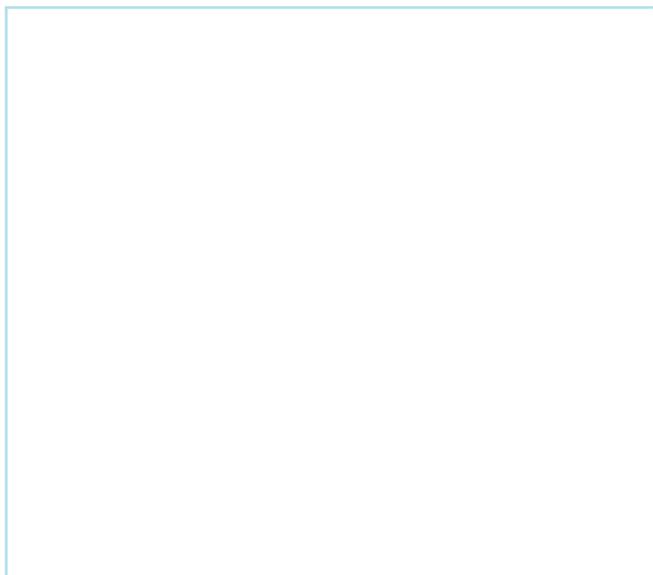
What made you nervous about attending college or secondary education?

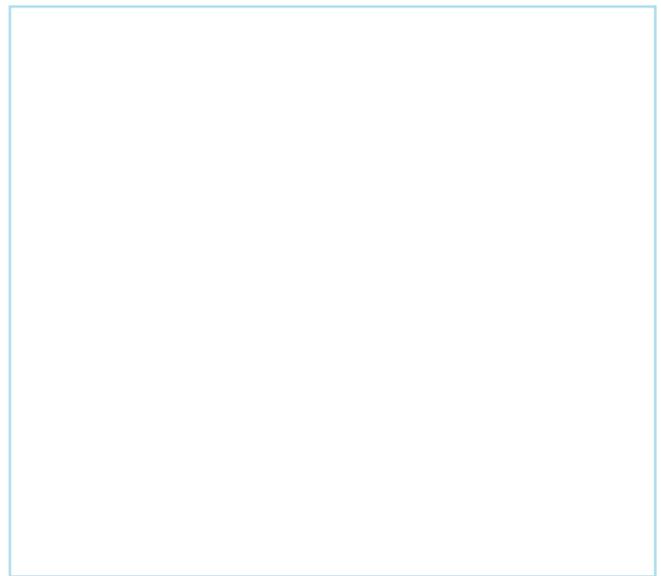
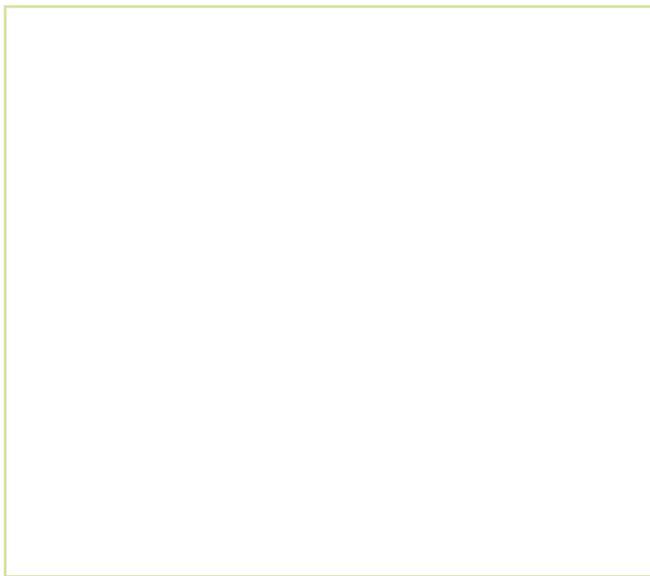
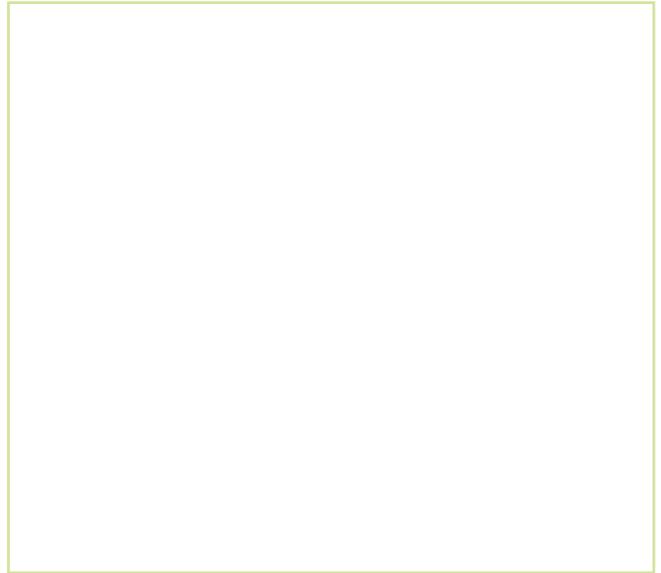
What was your major and what kind of degree did you obtain?





Photos & Reflections





Chapter 4: Love, Marriage, & Adulthood

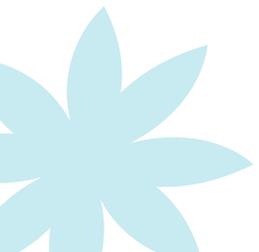
Love

Who was the first person you kissed?

Did you have a lot of boyfriends / girlfriends?

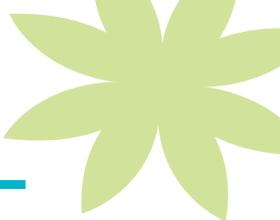
How did you know when you were in love?

What types of dates were your favorites?

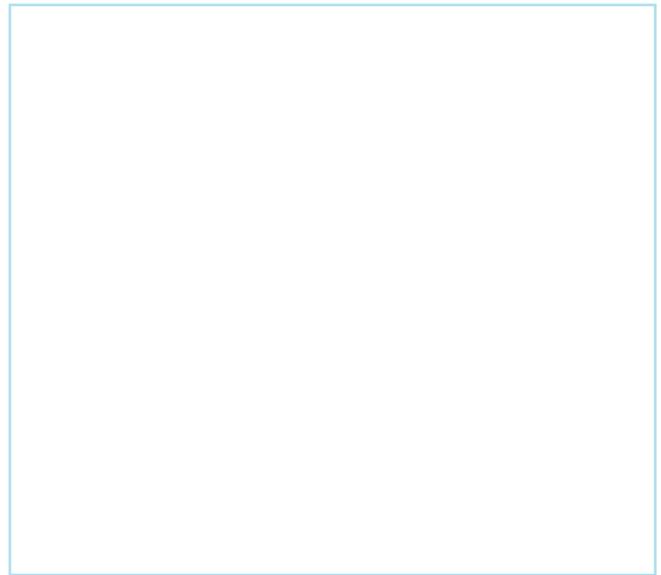


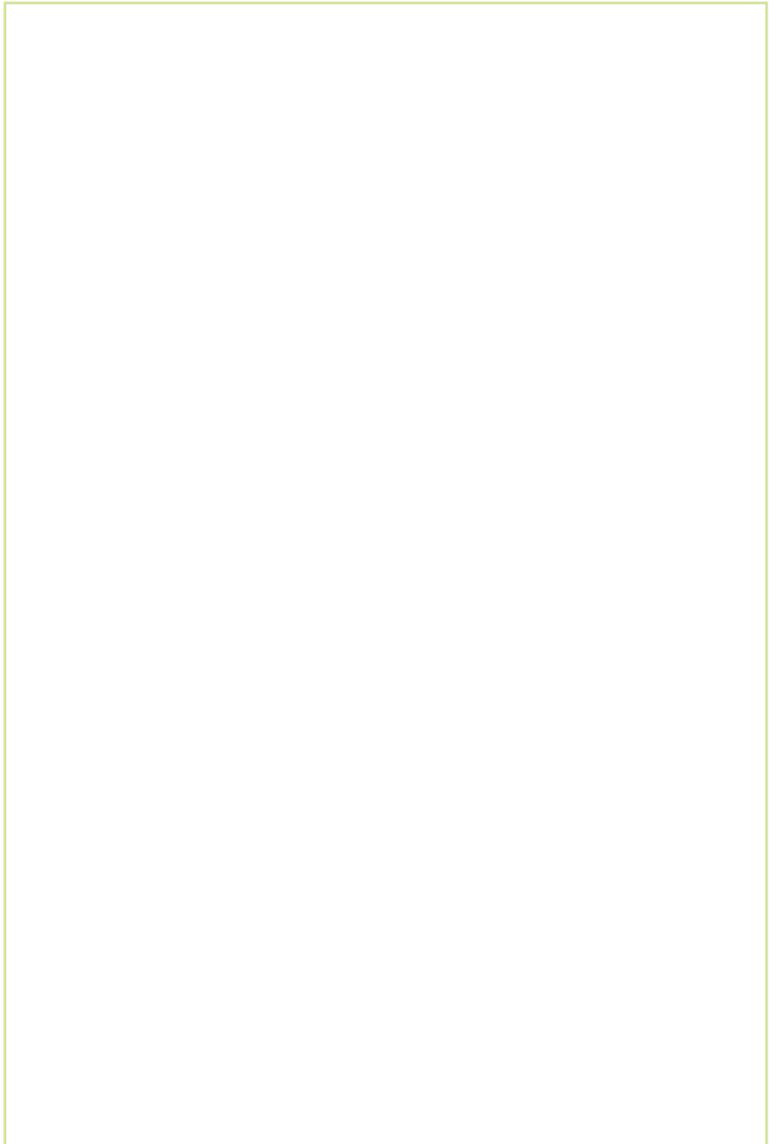
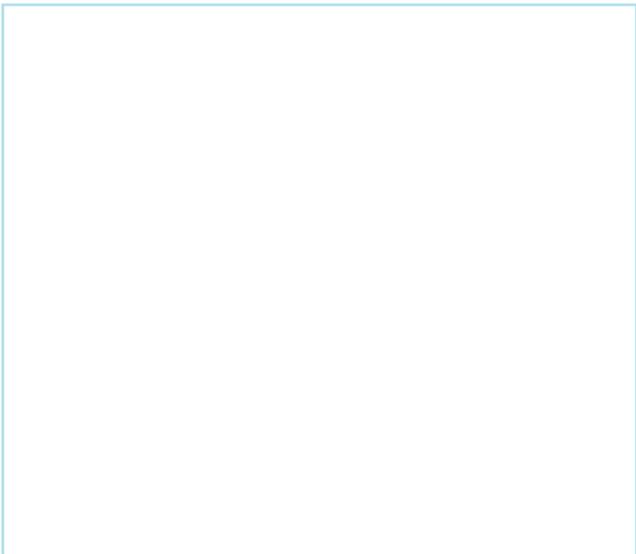
How did / do you show your love for others?
What is the most romantic memory you have?
Who was your first serious relationship with?
How would you describe “love”?





Photos & Reflections







Marriage

Tell the story of your proposal...

How old were you when you got married? Were you engaged long?

What was your wedding day like? (Weather, clothing, ceremony, reception, etc.)

What was your favorite wedding gift you received?



Did you attend a lot of weddings when you were young?

Who was your best man and maid of honor?

Who else was in your wedding?

Were you scared to get married?

Did you go on a honeymoon trip? Where did you go?





Adulthood

Where was your first home as an adult? Was it a house or apartment?

At what age did you consider yourself “an adult”?

What music did you like?

When did you get a television?

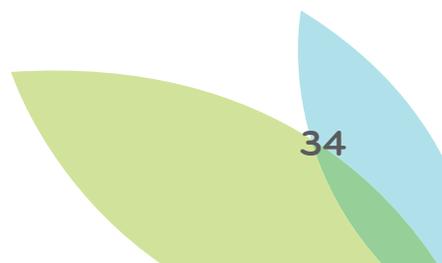




What was the first car you bought yourself? How many vehicles did you own overall?

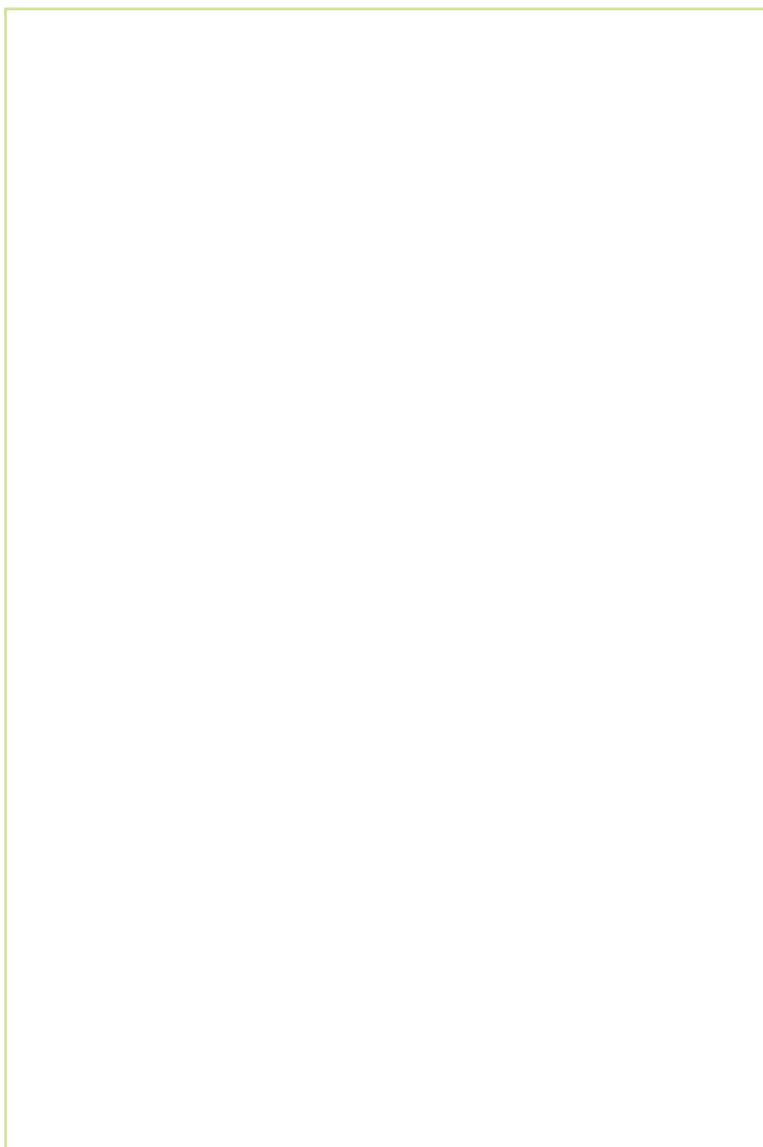
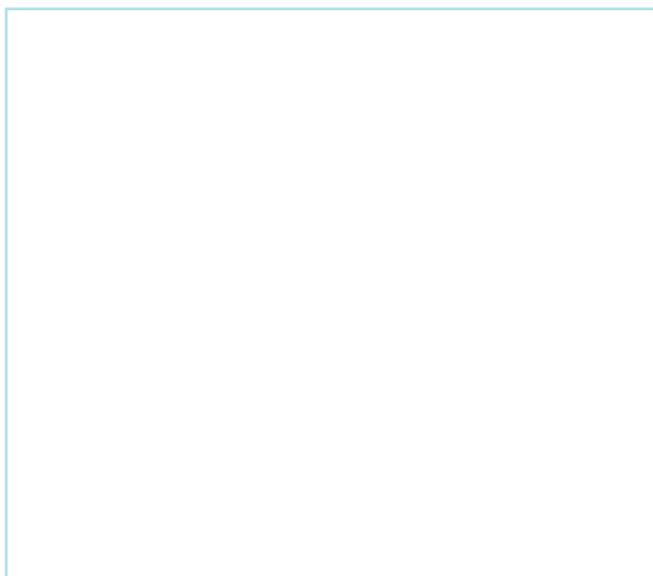
What changes and inventions do you remember being scary or exciting?

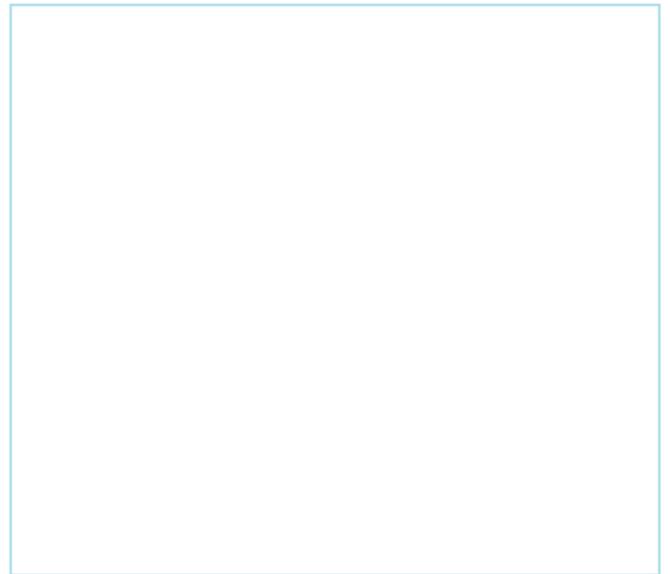
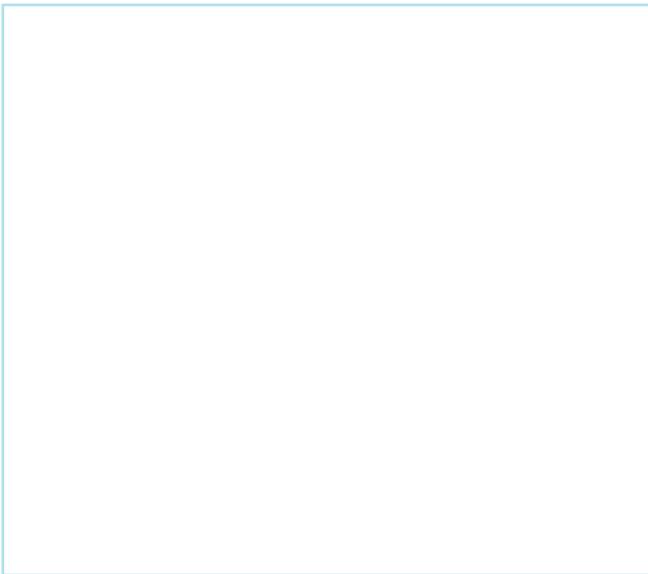
Who was running for office in the first election you voted in?





Photos & Reflections





Chapter 5: Work, Living, & Community

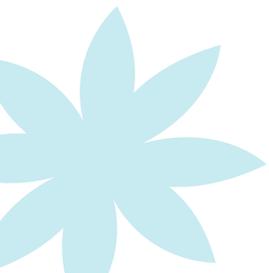
Work

What was your first job? What did you do at that job?

What other jobs did you have as an adult?

How did you get your long term job?

What type of work was your long term job?





Living

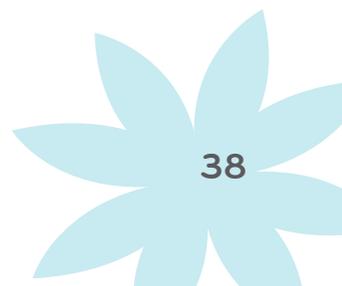
What memories do you have about the homes you lived in?

What events or political issues do you remember vividly?

Did you belong to any groups?

Have you had any pets? What were their names?

What is something you had to save up money for?



Community

How big was the city that you lived in? About how many people lived there?

What exciting events do you remember?

Did anyone famous grow up in your community?

What was a common job for those in your town?





Photos & Reflections



Chapter 6: Living Life

Fond Memories

What was special about your home?

What was your favorite home-cooked meal?

When did you first get a telephone?

What friends have you kept in touch with over the years?

What songs remind you of your youth?

When/Where did you meet your spouse?





Learned Wisdom

What was it like to live during wars?

Was there a motto or quote you lived by?

What was a lesson you learned the hard way?

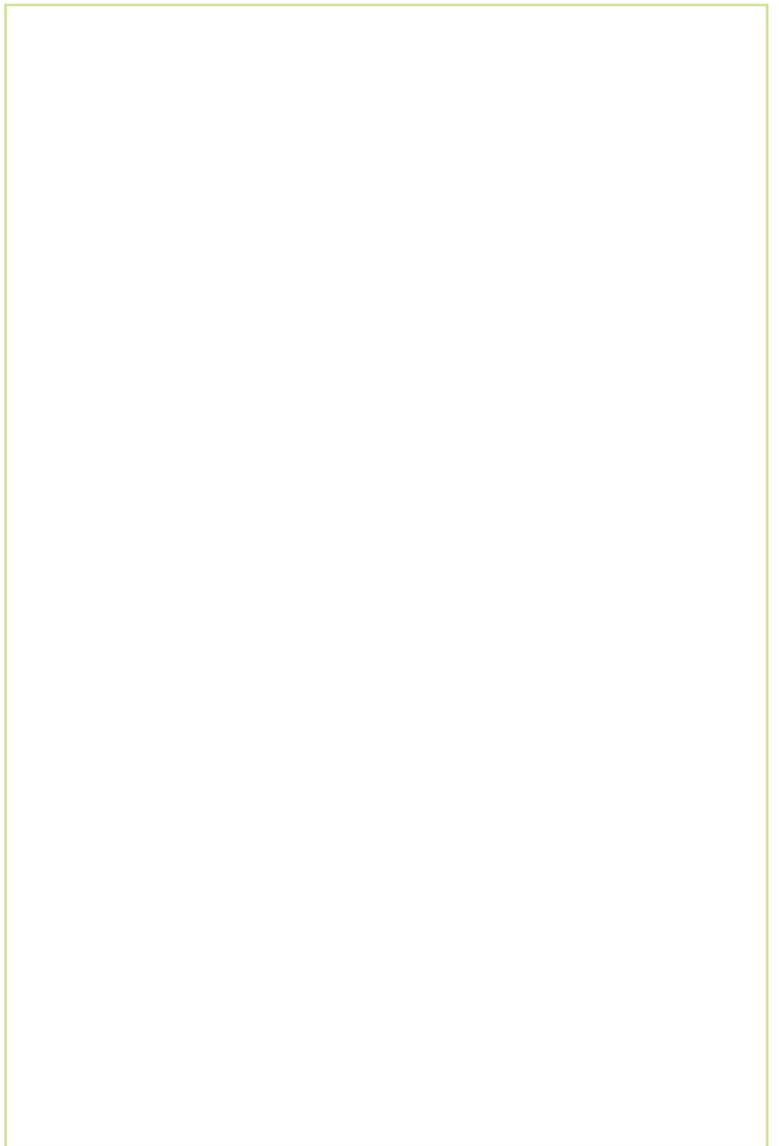
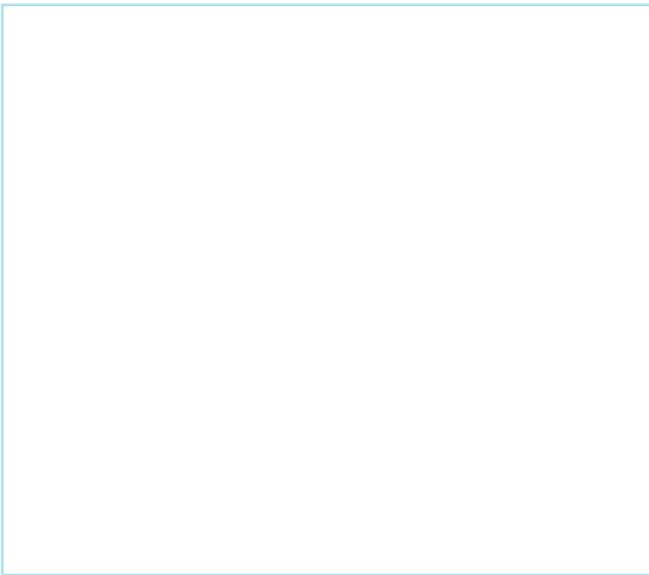
What is something your parents taught you that you're thankful for?

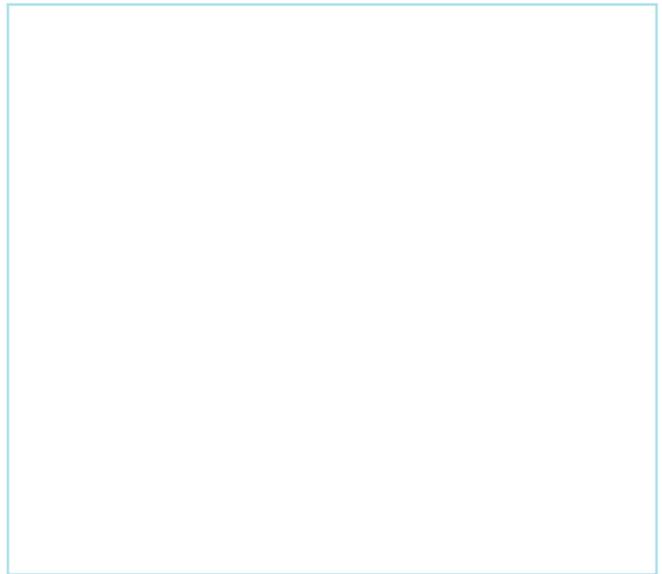
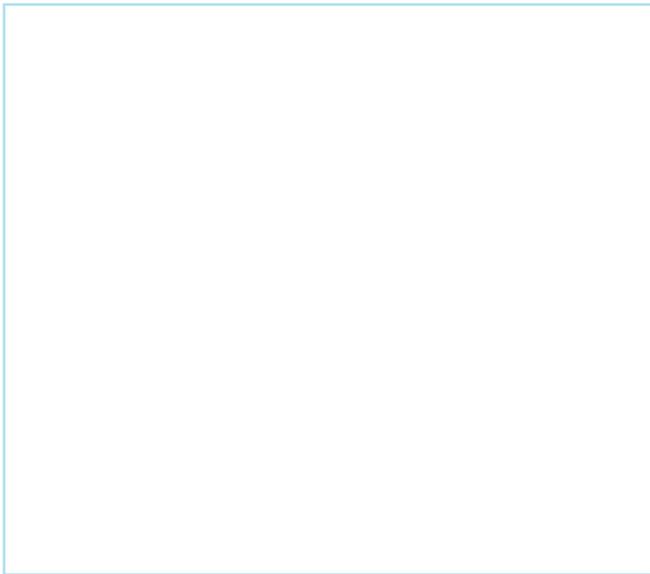
Is there something that you think is harder for you now than it was in the past?

If you could make one thing go back to "the way it used to be", what would it be?



Photos & Reflections







Influential People

Who did you look up to as a child?

Did you have any teachers or coaches that inspired you?

What idol or icon intrigued you?

Who are the three most influential people to you? It can be anyone.





Chapter 7: About Me

Favorite Things

Who is your favorite singer or musician group?

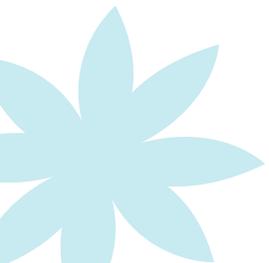
What types of food are your favorites?

How do you like to spend your free time?

What is your favorite season and why?

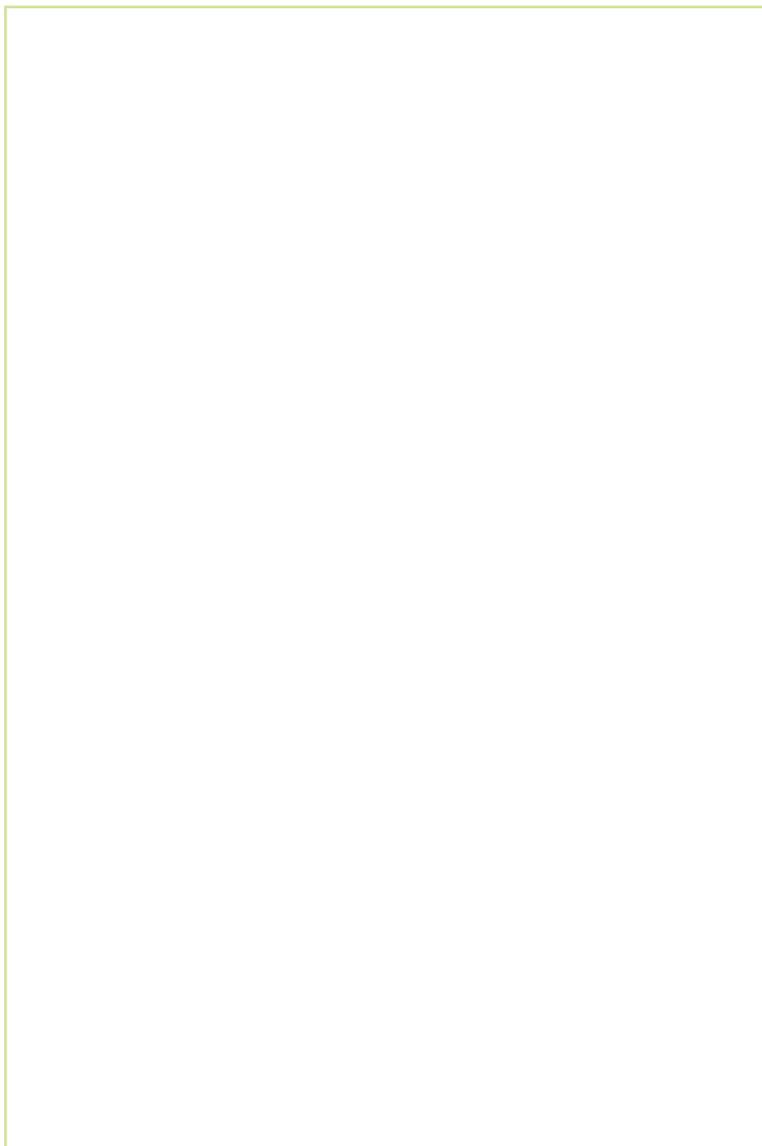
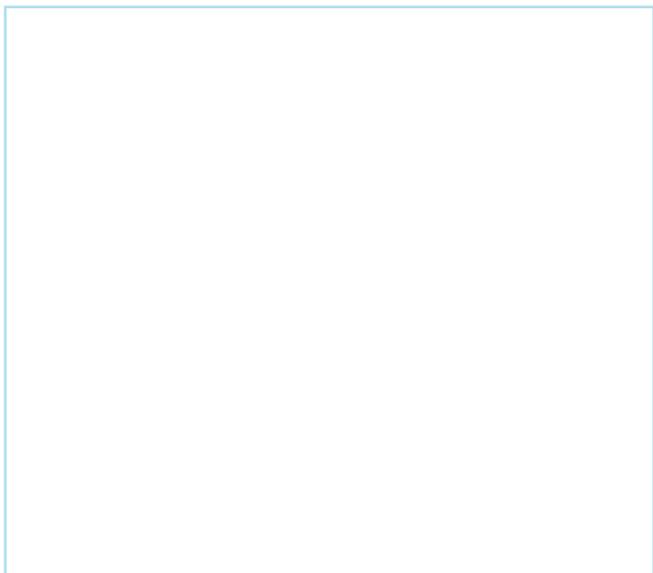
Is there a book that you enjoy?

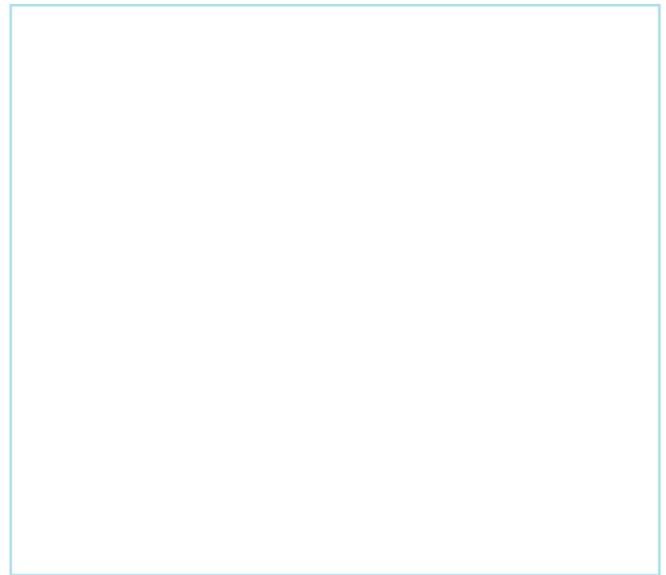
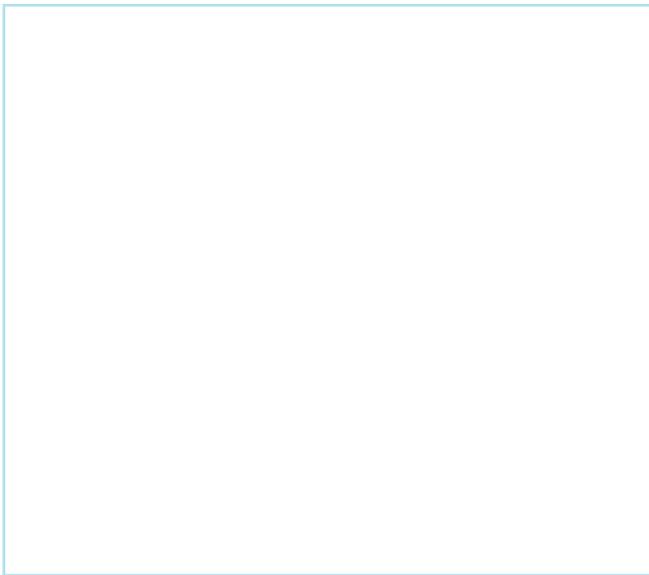
What is your favorite holiday to celebrate?





Photos & Reflections







Legacy

What three words would you want others to use to describe you?

What life lessons do you consider important?

What do you want to be remembered for?



Accomplishments

What was something you were proud of in school?

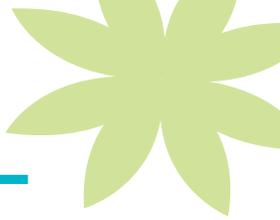
Did you get any awards for work or community involvement?

What was a challenge that you overcame?

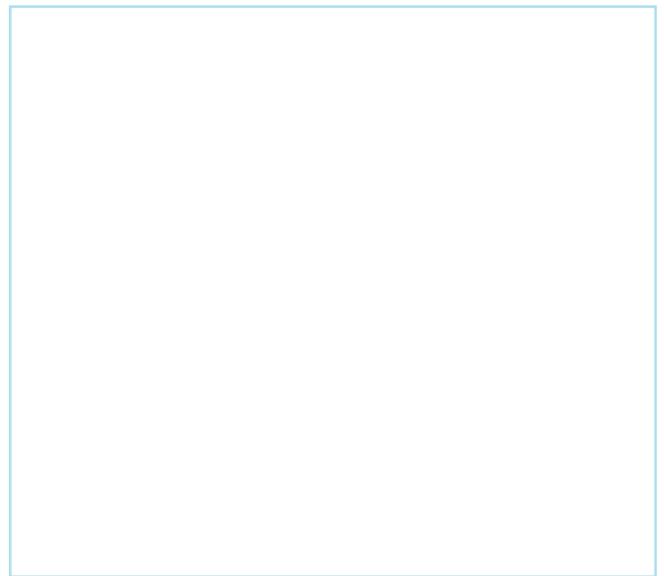
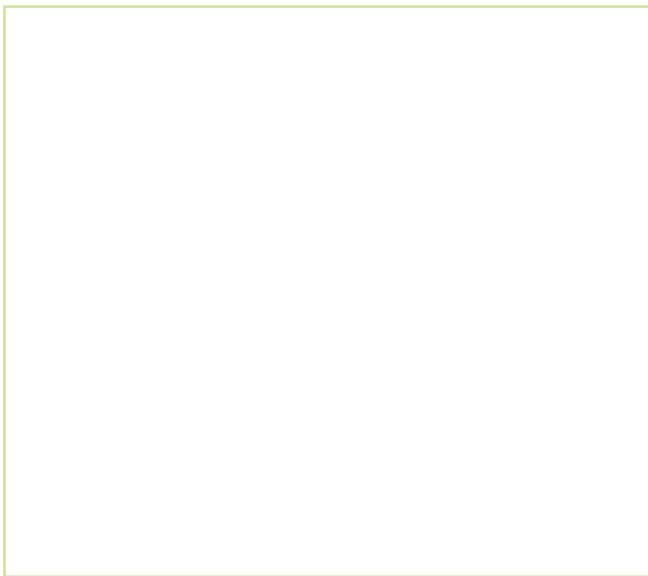
How did you like to celebrate accomplishments?

What do you consider your single greatest accomplishment?





Photos & Reflections





Thoughts & Reflections



ABOUT WALKER METHODIST



Our Mission

Life. And all the living that goes with it. Enhancing the lives of older adults through a culture of care, respect, and service.

Our Values

Respect. Imagination. Collaboration.

Who is Walker Methodist?

It's been said that despite its inevitability, getting old is the one thing that seems to catch everyone by surprise.

The good news is that at Walker Methodist, we believe age does not have to hold you back. That's why we've created communities to ensure that it won't. Places where you have the freedom to enjoy the activities and lifestyle that suit your needs; where our goal is to ease your burdens so you can live fully each and every day. Walker Methodist is not a choice for those who can't – it's a choice you make so you can.



What We Do

Walker Methodist specializes in lifestyle, housing, and healthcare services for older adults. We own, operate, and manage housing communities, provide rehabilitation services, and operate leading sub-acute transitional care centers that help people recover from hospitalizations or surgeries so they can return home. For more detailed, site-by-site descriptions of what we do, please [explore our communities](#), levels of care, and programs.

Walker Methodist is proud of its deep roots dating back to 1876. Predecessors to today's Walker Methodist are the Bethany Home and Harriet Walker Maternity Hospital. Today, we are a leading provider of lifestyle, homes, healthcare, and rehabilitative services. Our mission guides both our creativity and innovation as we continually seek opportunities to build programs, service offerings, and residences in the future. [See if Walker Methodist is a good fit for you or your loved ones.](#)

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