



## **51 QUESTIONS OR STATEMENTS for Life Celebration Work**

1. Stories about me as a baby / my childhood / me the teenager
2. What I know about being born / and about me when my siblings were born?
3. When I found out I was going to be a parent/ grandparent I felt....
4. I am a parent/ I am a grandparent my memory of these times ...
5. I did well at ..... MY PROUD AND DISAPPOINTED MOMENTS
6. My illness; the strengths gained / the struggles/ the story of my illness ...
7. My struggles in life...
8. My greatest joys....
9. My favourite season, time of the year or scenery and why....
10. Me in my teens, twenties, thirties, forties, fifties, sixties, seventies, eighties and nineties **(all as separate cards)**
11. Big birthdays how I celebrated them
12. What I have done to my body (tattoos, piercings, broken limbs, scars etc.)
13. My friends; past/current/the keepers/important friends for one of my life seasons...
14. What people might say about me. If I asked my best friend to describe me they might say...
15. My parents; who were they, what were they like?
16. My siblings; birth order/sibling stories and sibling rivalry ...
17. My values about life / beliefs / beliefs or morals I hold dear
18. How I am annoying?
19. Mottos and sayings to live by; where they came from/ How they have helped / hindered my path?
20. Times in my life path that were unexpected/ When expectations changed...
21. Something surprising about me / My hobbies and interests
22. The pets I have owned during my life...
23. Cooking; what kind of cooking I like to do/Favourite recipe/Cooking boasts and cooking disasters ...
24. Travel; Where I have been? /When/My travel adventures/ Journeys by car and other vehicles ...
25. Driving; Passing my test/What kind of driver I am/ was
26. Films and TV that have meaning in my life and what poems, books, theatre has touched me ...
27. The pub; Pubs I love/Drinking experiences/Social times in my life ...
28. My faith, beliefs, culture ...
29. Fads, fashions and hair cuts ...



30. Trips out and holidays ...
31. My school days ...
32. My children; The school run/ The homework/ The children's taxi service.....
33. Christmas in our house/ traditions/ rituals/ habits ...
34. The jobs I have had; My working or volunteering life ...
35. Food and drink; What do I love and loathe?
36. Songs that have meaning in my life ...
37. Clothes, shoes, uniforms and fashions ....
38. Hair styles, beauty regimes, special outfits I had for special occasions ....
39. The birth of my children ....
40. Becoming Aunt/ Uncle/ God mother/ God father/ grandparent ...
41. The loss of a loved one ....
42. Possessions/ Jewellery/ Material things that have meaning for me ...
43. My money/ financial concerns/ challenges/ charity ....
44. My family tree / family stories ...
45. Toys I had as a child ...
46. Sport and exercise/ clubs/ activity/ singing, dancing and theatre ...
47. Relationships; boyfriends/ girlfriends/ first loves/ marriages/ divorces/ break ups ...
48. My homes; where have I lived/ DIY/ buildings/ renovations/ gardening ...
49. My grandparents/ Aunts/ Uncles/ significant or life changing people in my life..
50. Community work/ community groups/ my community ...
51. Retirement....

To find out more about helping create the cards, email [faith.macrow@arhc.org.uk](mailto:faith.macrow@arhc.org.uk) or see our website: <https://www.arhc.org.uk/day-therapy.asp>