

RECIPE FOR THE LIFE STORY

The authors recommend the following ingredients to make a comprehensive Life Story. The ingredients are listed in chronological order for convenience, but the events are not necessarily limited to those years. For example, someone may have been in military service throughout his or her working life.

Childhood

- Birthdate and birthplace
- Parents and grandparents
- Brothers and sisters
- Early education
- Pets and childhood games

Adolescence

- Name of high school
- Favorite classes
- Friends and interests
- Hobbies and sports
- First job

Young adulthood

- College and work
- Marriage(s)/partner(s)
- Family
- Clubs and/or community involvement
- First home
- Military service

Middle age

- Grandchildren
- Hobbies
- Work and family role
- Clubs and organizations
- Community involvement

Later years

- Life achievements/accomplishments
- Hobbies
- Travel
- Family

Other major ingredients

- Ethnicity
- Language spoken
- Religious/spiritual background
- Overall personality
- Special skills, talents, hobbies, or recreational activities
- Likes/dislikes
- Life disappointments, traumas, or tragedies
- Sexual orientation
- Favorite foods
- Favorite color
- Awards/recognition
- Computer skills or use of Internet
- Favorite sayings like “you bet”
- Musical talents and/or favorite music/songs/singers
- Favorite sports/teams
- Interest in college or university alumni affairs
- Volunteerism