

MENTAL & EMOTIONAL

THE HUMAN STORY

THE THREE LIFE LESSONS INTERVIEW GUIDE

THE PROBLEM

Valuable life wisdom disappears when ordinary people are never invited to tell the deeper stories behind what they know.

1 CAPTURE THE MOMENTS

Invite the stories that explain who the person became.

- ☐ Turning point
- ☐ Mistake
- ☐ Mentor
- ☐ Grief or loss
- ☐ Joy or pride

THE STORY I MOST WANT: _____

2 FIND THREE LESSONS

Listen for wisdom that another person could use right now.

LESSON 1: _____

LESSON 2: _____

LESSON 3: _____

ASK: WHAT DID THAT TEACH YOU?

3 PRESERVE THE STORY

Choose a simple format, make a copy, and give it a safe home.

- ☐ Audio
- ☐ Video
- ☐ Written
- ☐ Photo + caption
- ☐ Shared archive

WHO GETS A COPY: _____

THE LEGACY CONVERSATION - SEVEN QUESTIONS

You do not need a studio. You need permission, attention, and a way to record.

1

WHERE BEGIN?

2

WHAT CHANGED?

3

WHO SHAPED?

4

WHAT WRONG?

5

WHAT CARRIED?

6

WHAT PROUD?

7

REMEMBER WHAT?

PERSON I WILL INTERVIEW: _____

WHO CAN HELP?

Funeral home, historical society, church, genealogy service, senior center, or counselor.

BRING THIS TOOL
TO THE CONVERSATION.

ASK NOW. LISTEN WELL. KEEP THE STORY.

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General educational worksheet only. Ask permission before recording and preserve personal stories with care.