

Memoir Prompts

Dictate Your Memoirs 2025-08-13

Notes

1. What was your first job — and what did it teach you?
2. Describe a friendship that really mattered to you.
3. What did “a typical day” look like at a certain point in your life? (As a child? A young adult? A parent?)
4. What’s a funny or embarrassing moment you’ll never forget?
5. How has the world changed during your lifetime? (Technology, values, lifestyle — and how do you feel about it?)
6. What is your earliest memory, and how did it make you feel?
7. Describe the home you grew up in—what did it smell, sound, or feel like?
8. Who was your childhood best friend, and what did you do together?
9. What was a typical family meal like when you were growing up?
10. What did your parents or grandparents teach you that you still remember today?
11. Finish this sentence: “If I could relive one day, it would be the day I...”

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12. Describe a teacher or mentor who made a big impact on your life.
13. What's a moment from school that still sticks with you?
14. How did you meet your spouse or partner—and what was your first impression?
15. Tell the story of a major turning point in your life.
16. What's a place you traveled to that you'll never forget—and why?
17. Describe a holiday or tradition your family celebrated that was special to you.
18. What hobby or interest brought you the most joy during your life?
19. What historical event had the biggest effect on your life or community?
20. Tell about a time you took a big risk—what happened?
21. What is one of your proudest achievements, and how did it come about?
22. Describe a moment of unexpected kindness—given or received.
23. What advice would you give your younger self?
24. What do you want future generations of your family to remember about you?

Dictation Commands

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Notes

Say This	It Types
Period	.
Comma	,
New paragraph	↵ (line break)
New line	↵
Question mark	?
Exclamation point	!
Quote ... end quote	"..."
Open parentheses ... close	(...)
Dash	—
Hyphen	-
Apostrophe	'
Ampersand	&
Asterisk	*
Equals sign	=
At sign	@
Dollar sign	\$