

Questions to Consider for an Autobiography

1. Describe your childhood temperament.
2. What is your earliest memory?
3. What was your first word(s)?
4. Tell a funny story about something that happened to you as a child.
5. What was something scary that happened to you as a child?
6. Discuss your connections with your family.
7. Describe some of your childhood successes or achievements (academics, sports, or other extra-curricular activities).
8. What activities did you enjoy as a child? Why?
9. Describe your best and worst school years.
10. Describe friends from your youth.
11. Who was your favorite teacher? What was your favorite class? Why?
12. Tell about places that you have lived.
13. Tell about pets you own or have owned.
14. What were your childhood aspirations or dreams?
15. What is something your parents always told you that you discovered was actually true?
16. Describe some of your happiest moments.
17. Describe your saddest moment.
18. What are some of your favorite books, movies, TV shows, plays, or music?
19. What are your favorite and least favorite foods?
20. Describe any stays you have had in the hospital.
21. What was your most embarrassing moment?
22. What is something that has changed a lot since you were younger?
23. Describe the most important lesson you have learned.
24. What would you change about yourself if it were possible? Why?
25. What are some things you are proud of?
26. Describe your personal philosophies, beliefs, and/or ideals to live by.
27. Discuss your most special relationships.
28. If you were an animal, what would you be? Why?
29. Describe some problems you have had to overcome and what you learned from them.
30. How would you describe your personality? Why?
31. What do you want to be remembered for?
32. What are some of your vices or bad habits?
33. What do you enjoy doing in your spare time?