

AI Made Easy After 50 • Life Organizer Kit

The Life Story Kit

52 weekly interview prompts and a template
to turn your stories into a printed family
book

Support: ted@tedmauro.com

How the Kit Works

One question a week. Fifteen minutes. In a year, you have 52 stories.

Paste this into your AI assistant each week:

"I am writing my life stories for my family. Here is this week's question: [question]. Ask me up to five short follow up questions, one at a time. Then turn my answers into a short story in my own voice. Do not add anything I did not say."

Then: read it, fix anything that is not true, and copy it onto a Story Page (in Part 3) or into a document called My Life Stories. Skip any question you are not ready for. Take breaks if feelings come up. That is normal.

Part 1: The 52 Weekly Prompts

Getting Started (Weeks 1 to 12)

WEEK 1 Where did you grow up, and what did your street look like? ☐ done

WEEK 2 What was your first job and what did you learn from it? ☐ done

WEEK 3 Who was your best friend as a kid? ☐ done

WEEK 4 What did your family do on holidays? ☐ done

WEEK 5 Tell me about the day you met your spouse or a great love. ☐ done

WEEK 6 What was the hardest thing you ever got through? ☐ done

WEEK 7 What is a lesson your parents taught you that stuck? ☐ done

WEEK 8 What music did you love at 18? ☐ done

WEEK 9 What was your proudest day at work? ☐ done

WEEK 10 What hobby has stayed with you the longest? ☐ done

WEEK 11 What do you want your grandkids to know about money? ☐ done

WEEK 12 What advice would you give your 25 year old self? ☐ done

Childhood and Family Roots (Weeks 13 to 24)

WEEK 13 What is your earliest memory? ☐ done

WEEK 14 What were your grandparents like? ☐ done

WEEK 15 What did your house smell like at dinnertime when you were young? ☐ done

WEEK 16 What games did you play outside as a child? ☐ done

WEEK 17 Who was your favorite teacher, and why? ☐ done

WEEK 18 What did you want to be when you grew up? ☐ done

WEEK 19 What got you in trouble as a kid? ☐ done

WEEK 20 What was a typical Saturday like when you were 10? ☐ done

WEEK 21 Tell me about your first car. ☐ done

WEEK 22 What was your first apartment or home of your own like? ☐ done

WEEK 23 How did you spend your first paycheck? ☐ done

WEEK 24 What big world event do you remember hearing about, and where were you? ☐ done

Grown Up Life (Weeks 25 to 36)

WEEK 25 Tell me about your wedding day, or another day you made a big promise. ☐ done

WEEK 26 What was it like when your first child was born, or when you first cared for someone? ☐ done

WEEK 27 What is a family tradition you started? ☐ done

WEEK 28 What was the best vacation you ever took? ☐ done

WEEK 29 Tell me about a time you moved to a new place. ☐ done

WEEK 30 Who was a mentor who changed your path? ☐ done

WEEK 31 What was the funniest thing that ever happened at work? ☐ done

WEEK 32 Tell me about a time you took a big chance. ☐ done

WEEK 33 What is something you built, fixed, or made that you are proud of? ☐ done

WEEK 34 Tell me about a pet you loved. ☐ done

WEEK 35 What was the best meal you ever had, and who was there? ☐ done

WEEK 36 Tell me about a friend who has been there for a long time. ☐ done

Looking Back and Looking Ahead (Weeks 37 to 52)

WEEK 37 What was a hard decision you are glad you made? ☐ done

WEEK 38 What is a mistake that taught you something? ☐ done

WEEK 39 How has your town or city changed in your lifetime? ☐ done

WEEK 40 What invention changed your life the most? ☐ done

WEEK 41 What did you do for fun in your 30s and 40s? ☐ done

WEEK 42 What does a good day look like for you now? ☐ done

WEEK 43 What are you still curious about or want to learn? ☐ done

WEEK 44 What do you believe in most strongly, and why? ☐ done

WEEK 45 Who do you wish you could thank, and for what? ☐ done

WEEK 46 What is a recipe or dish that belongs to our family? ☐ done

WEEK 47 What song, book, or movie means a lot to you, and why? ☐ done

WEEK 48 What are you most grateful for? ☐ done

WEEK 49 What do you hope people remember about you? ☐ done

WEEK 50 What would you like your family to keep doing after you are gone?
☐ done

WEEK 51 Is there a story you have never told anyone in the family? ☐ done

WEEK 52 What message do you want to leave for the youngest person in our family? ☐ done

Part 2: Turning Stories Into a Family Book

1. **Collect.** Keep every finished story on a Story Page or in one document.
2. **Order.** Ask your AI assistant: "Here are my story titles: [list]. Put them in an order that reads like a book, and group them into 5 to 8 chapters."
3. **Add photos.** Pick one or two photos for each story. Write a caption on the back or on the Photo Page.
4. **Fill in the front pages.** Use the Title Page, Dedication, and Family Tree pages in Part 3.
5. **Check it.** Ask one family member to read it for names, dates, and spelling.
6. **Print.** Print at home and put the pages in a binder with sheet protectors, or take the file to an office store or online photo book service. Ask for a price before you order.
7. **Share.** Give copies as gifts. Many families read one story aloud at holidays.

Prompt to polish a chapter: "Here are three of my stories: [paste]. Write a short, warm introduction for a chapter called [title], in my voice, under 120 words."

Part 3: Family Book Template

Title Page

The Life and Stories of

Told in my own words, with help from my family

Year: _____

Dedication

This book is for:

Family Tree

Generation	Names	Born / Places
My grandparents (father's side)		
My grandparents (mother's side)		
My parents		
Me and my brothers and sisters		
My spouse or partner		
My children		
My grandchildren		

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Story Page

Week # _____ Title:

When and where this happened:

The story:

Copy this page as many times as you need.

Story Page

Week # _____ Title:

When and where this happened:

The story:

Copy this page as many times as you need.

Story Page

Week # _____ Title:

When and where this happened:

The story:

Copy this page as many times as you need.

Photo Page

Tape or glue photo here

Caption: who, where, when

Tape or glue photo here

Caption: who, where, when

[illegible]

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