

50 Topics for Recordings

Use this list of topics as a launching pad for the recordings you can create for your friends, family, and future generations to hear. Their appreciation of your life will deepen with their understanding of the personal experiences you share.

- 1) Baby's first words, and a child's wisdom
- 2) The best experience you ever had
- 3) Conversations you wish you could have with a deceased friend
- 4) Daily journal
- 5) Describe your home or a room, and how you've made it your own
- 6) Dream journal
- 7) Earliest memories
- 8) Experiences that have made you a better person
- 9) Family stories from before you were born
- 10) Favorite foods, meals, and how your food has changed in your life
- 11) Favorite hobby, why you enjoy it, and what you have gained from it
- 12) Favorite stories
- 13) Fears and worries
- 14) First or last days of school
- 15) Funny stories and situations
- 16) Gardening secrets and delights
- 17) The hardest thing you've ever done
- 18) The history of a favorite object
- 19) Hopes and dreams
- 20) How you met your best friend or husband/wife
- 21) How you surmounted a challenge
- 22) If you've been sad or depressed, what has helped you feel better
- 23) Impersonations and in-jokes
- 24) Inspirational people
- 25) Life lessons
- 26) Long term goals
- 27) Memories of a late friend or family member
- 28) Personal experience during an historic event

- 29) Pets you've loved and lost
- 30) Poems and prayers
- 31) Proudest accomplishments
- 32) Reactions to a great event
- 33) Read a favorite bedtime story with a child
- 34) Reflections on faith
- 35) Regrets and things you wish you had or hadn't done
- 36) Religious beliefs and how they may have developed throughout your life
- 37) Reunions and get-togethers
- 38) Revelations
- 39) Sing a special song
- 40) Spiritual experiences
- 41) Sports stories
- 42) Thanks
- 43) The things you cannot say in person
- 44) The things you would do if you had a second chance
- 45) Traditions and habits
- 46) Travel diary
- 47) Verbal Family® Tree - your family history, as far back as you know, and stories of every relative
- 48) What makes you proud
- 49) What you could have, would have, should have done
- 50) Worries