

Celebrate Life: Tell Your Story

Feel like taking a walk down memory lane?

Try looking back on turning points, cherished memories, conflicts, achievements, difficulties, successes, relationships, life changing events and anything else that shaped your life. This is an opportunity to reminisce, finish unfinished business and share yourself with people whom are most important to you.

What was the world like when you were growing up?

What are some of the significant historical events that you remember?

What are your fondest memories of childhood?

What do you remember about being a teenager?



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What was your family like?

What is your fondest memory of your family?

Who were your closest friends when you were younger?

What was your first work experience like?

What were some of the "defining moments" of your life?



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Of what are you most proud?

Do you have a faith tradition? If yes, how has this shaped your life?

What is most important to you today?

What was the happiest part or time of your life?

What would you like to be remembered for and who would you like to be remembered by?



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Looking back on a special relationship...

- What are your fondest memories of your time together?
- What are your saddest memories of your time together?
- What are some of the “defining moments” of your time together?
- How has being with them changed your life?
- What have they taught you?
- What do you treasure the most about your time together now?

Consider sharing your thoughts and reflections with someone close to you or writing down your story.

Suncoast Hospice can offer guidance and support as you adjust to the changes in your life. In addition to a listening ear, we can provide information about services and resources available to help you. Call Suncoast Hospice at (727) 586-4432.

To find a hospice near you, contact the National Hospice & Palliative Care Organization help line at (800) 658-8898, or visit www.nhpco.org.

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