

# Capture the Memories Journal



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HOSPICE

*There when you need us the most.*

*Every life has a story, and every story deserves to be told. This journal is designed for you to preserve and share your memories by filling out meaningful prompts that bring your past to life. Revisit the moments that have made your life so special and use these pages to capture your unique story in your own words. Your memories belong here — so dive in, reflect and let your story unfold.*

This Journal is one of the four pieces in our Lighthouse End-of-Life Planning Program® .

- The other program materials include our **Advance Care Planning Guide, Checklist for When I Am Gone** and **Workbook for When I Am Gone**
- These materials may be downloaded for free online at [stcroixhospice.com/lighthouse](http://stcroixhospice.com/lighthouse).
- Printed copies may be requested through your St. Croix Hospice contact or via email at [info@stcroixhospice.com](mailto:info@stcroixhospice.com).

***Reminder:*** *This workbook is not a legal document, and we recommend consulting with an expert for more information on how to build an Advance Care Plan that is personalized to your unique needs and wishes.*

*Find more Advance Care Planning information, tools and links to state-specific resources online at **[stcroixhospice.com/lighthouse](http://stcroixhospice.com/lighthouse)**.*



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# Phases of My Life

Write about a moment from your childhood that you still remember clearly today. Describe it in as much detail as you can.

Describe your life as a teenager. What were your most memorable moments?

What kind of work did you do, and what inspired you to choose your career? Describe what your job(s) entailed and what you liked and/or disliked about your work.



What has been the most surprising change you've witnessed during your lifetime (world events, technology, culture, etc.)?

# Family

How did you meet your partner? Describe the details of how you met and share any special memories of your time together.

If you have children, describe your experience as a parent. What do you love most about your children?

Describe your parents and grandparents. What do you remember most about them?

Do you have any siblings? What are some of your favorite memories of them?

Describe your favorite memories with pets or animals.

# Favorite Things

Where is your favorite place in the world and why?

What is your favorite food and why? If you have a favorite recipe, you can share that below too.



Do you have a favorite song or musical artist? Describe your favorite music and what makes it meaningful to you.

What have been some of your favorite hobbies? Describe your favorite things to do and why you love doing them.

# About Me

If someone asked you to describe yourself in one word, what would you say and why?

What are you most proud of achieving or overcoming in life? What did you learn about yourself through that experience?

Share a list of values you feel are most important. How have they guided your life?

How do you hope people will remember you?

# Words of Wisdom

Write about a significant life event that changed your perspective or taught you a valuable lesson.

Who has been the most influential person in your life? What did you learn from them?



Describe any life lessons or advice that you would like to share with your family or friends.





# Lighthouse End-of-Life Planning Program<sup>®</sup>

*This program provides four tools to help you and your loved ones gather and share the important information that will be needed after you are gone.*

- **Advance Care Planning Guide**
- **Checklist for When I Am Gone**
- **Workbook for When I Am Gone**
- **Capture the Memories Journal**

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