

Before I Forget - My Stories

A Keepsake Writing Kit for the Storyteller in Us All



Preview



SILVERSPARKS AI
AGELESS POSSIBILITIES

Before I Forget - My Life Stories

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A Warm Welcome From SilverSparks AI™

Dear Friend,

First, thank you — truly — for trusting me enough to buy this prompt pack. I know that for some of you, this may be a big step. Exploring something new, like AI or even simply sitting down to write your story, takes a bit of courage. I want you to know I see that. And I'm honored to be part of your journey.

I created SilverSparks AI™ because I believe creativity doesn't retire, curiosity doesn't age, and our stories deserve to be told. I've spent most of my life helping others communicate clearly — through technical writing and training. But when I discovered AI, something sparked in me: a fresh sense of possibility. For me. For you. For all of us.

This little prompt pack was born from that spark. Because when we take the time to remember, we reconnect — with ourselves, our families, and the moments that made us. Whether you're writing for your grandchildren, your community, or just for yourself, this is your invitation to begin.

I named this one "Before I Forget" because let's be honest, that's how so many great stories begin. And what better way to capture them than in your own words, at your own pace — with a little nudge from me and a friendly robot named Glintzy along for the ride.

Whether you use these prompts with ChatGPT, jot them down in a journal, or share them out loud at the kitchen table, I hope they help you rediscover just how much you have to say.

Because it's never too late to start something new.
And it's always the right time to tell your story.

With warmth and wonder,
Connie Fabian-Isaacs
Founder, SilverSparks AI™
Where Curiosity Never Ages

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How to Use This Prompt Pack



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A simple guide to help you start capturing your life stories—your way.

This prompt pack was designed to be flexible, easy to use, and tailored to your personal comfort level—whether you love putting pen to paper or prefer typing on a keyboard. You don't need to be a writer to begin—just be yourself.

Here are three easy ways to use Before I Forget...:

Handwrite Your Stories

Print out the pages and use them like a personal journal. Choose a prompt, then write your memories by hand in the space provided. There's something special about handwriting—it slows you down just enough to help the memories flow.

Type Directly into the Form

If you're more comfortable typing, you can open the file on your computer and type your answers directly into each page. This method makes it easy to save, edit, and even print a clean copy to share with family later.

Use a Digital Notepad

Prefer a simpler screen with no distractions? Open any digital notepad (like Notepad on Windows or TextEdit on a Mac), copy in a prompt, and start writing. This works beautifully for casual reflections or if you want to copy-paste your stories into an email, document, or ChatGPT later.

There's no right or wrong way to do this. The goal is to spark your memories, enjoy the process, and begin putting your story on the page—one memory at a time.

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Sparks for Reminiscing

Childhood & Growing Up

Describe the house you grew up in.

What was your favorite subject in school, and why?

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What was your favorite meal as a child, and who made it?

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Sparks for Reminiscing

Childhood & Growing Up

What games did you play growing up?

What was your first pet, and what do you remember about it?

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Write about a time you got into trouble as a kid.

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Sparks for Reminiscing

Surprises, Serendipity & Change

Write about a time you made a big decision and how it worked out.

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BONUS! Now Let's Really Dive In



Take a Deeper Dive

Ways to enrich your memories, add meaningful context, and create something truly special.

You've started something powerful—putting your memories into words. But you can go even further with a little help from **ChatGPT**. Whether you're looking to add rich historical detail or turn a handful of memories into a cohesive story, this section will show you how. With your imagination and ChatGPT you can create a rich documentary of your life to pass on to your loved ones.

1. Add Historical Context

Use **ChatGPT** to explore the world around your memories.

Try asking:

- “What was happening in [your town] in 1952?”
- “What songs were popular the year I turned 16?”
- “What were women’s lives like in the 1960s?”

These details make your story more vivid and relatable—especially for readers from younger generations.

2. Fill in Missing Details

Sometimes you remember the feeling, but not the facts.

Try asking:

- “What toys were popular in the 1940s?”
- “What did kids watch on TV in the 1950s?”
- “Can you describe what an old general store might have looked like?”

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3. Transform Your Story

Once you've written your response—or captured a **ChatGPT**-assisted reply—ask ChatGPT to help you turn it into something special.

Try saying:

- *“Can you turn this memory into a short story?”*
- *“Rewrite this like a letter to my grandson.”*
- *“Can you help make this flow more smoothly as a story?”*

4. Stitch It All Together

If you've answered several prompts, you can combine them into a larger narrative—like a memoir-in-progress.

Try saying:

- *“Here are five responses I've written. Can you help me turn them into a cohesive story with a beginning, middle, and end?”*
- *“Can you write a transition paragraph to connect these two memories?”*
- *“Help me title this group of stories.”*

5. Reflect on the Meaning

Go deeper with reflection. Ask ChatGPT to help uncover lessons or values in your story.

Try asking:

- *“What does this story reveal about my values?”*
- *“What might a reader take away from this experience?”*
- *“How could this serve as advice for future generations?”*