

A FREE DOWNLOAD FROM DELIA NOTEBOOK

Twelve questions to ask your parents while you still can.

Most of what a person knows leaves with them — not because anyone hid it, but because nobody asked. These twelve questions are how you start asking.

Bring them to a Sunday phone call, a long drive, a kitchen table. One at a time is plenty.

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What's your earliest memory — the first thing you're sure you actually remember?

How did you and Mom (or Dad) actually meet
— the real version, not the short one?

What was your father like? What do I not know about him?

What's something you wanted to be, before
life picked something else for you?

What's the hardest decision you ever made —
and would you make it again?

What did your parents' house smell like,
sound like, feel like on an ordinary evening?

Who was your best friend when you were young, and what happened to them?

What's something you're proud of that nobody ever asks you about?

What do you believe now that you didn't believe at thirty?

What's a moment you'd live over again,
exactly as it was?

What was I like as a child — the parts I was too young to remember?

What do you want us to know, later, that
you've never quite said?

Write the answers down, or better, record them — a phone on the table works. The stories don't need to be polished. They need to be kept.

Delia Notebook is being built for exactly this: a private notebook with a memory, where a parent's stories, in their own words, become a letter, a reel, and a book their family can hold.

One email when she launches, nothing else: delianotebook.com