

Shenz'Heart Website Application Service

The Client Questionnaire

Fourteen sections · fifty-five gentle questions. Fill in what you can, leave the rest for now. There is no right or wrong way to answer — fragments, lists, full sentences, even single words are all welcome.

How to use this booklet

1. Print this booklet on A4 paper.
2. Fill it in by hand at your own pace — sit with the subject of the memoir if you can; their voice is the prize.
3. When you are ready, scan or photograph each page and send the file(s) to 4uyourstory247@gmail.com, or upload them through the secure vault when you book your memoir online.
4. Don't worry about neatness. I read every word. I will follow up by post, phone or video call to draw the rest out.

Your name & today's date

Best way to contact you (phone or email)

Section 1 · The subject

First, the essentials. Whose story is this, and how shall we name them on the cover?

Full name of the subject ·

As you'd like it printed on the cover

Other names they're known by

Nicknames, maiden names, pen names

Date & place of birth ·

e.g. 14 March 1948, Belfast

If they have passed, when & where

Leave blank if they are still with us

Your relationship to the subject ·

Self, daughter, husband, friend...

Section 2 · Family of origin

The people who made them. Don't worry about being neat — fragments are wonderful.

Their parents — names, occupations, what they were like

Siblings — names, birth order, relationships then and now

Grandparents or earlier ancestry you'd like preserved

Origins, migrations, family legends...

The home they grew up in — describe a typical scene

Section 3 · Childhood & early years

Small moments make the best memoir scenes. Be specific where you can.

Their earliest memory

A smell, a face, a feeling...

A favourite childhood place

What they wanted to be when they grew up

A defining moment from childhood — good or hard

Childhood friends or first loves

Section 4 · School & education

From first day in shoes to graduation day, however far the road went.

Schools, colleges or universities attended

Names, towns, years, what each was like

A teacher who shaped them

How school made them feel about themselves

A school friend they would still recognise in a crowd

Section 5 · Coming of age

Leaving home, falling in love, finding work — the first taste of being one's own person.

First job, first paycheque, first independence

Where they went when they left home — and why

First love (you can be as private or as candid as you like)

The world events of their young adulthood and how those touched them

Wars, moon landings, Diana, 9/11, pandemics, anything...

Section 6 · Love & partnership

If they had a partner or partners, this is where the love story lives.

How they met their partner (or partners)

The wedding day — or the closest equivalent

Where, who was there, what was eaten, what was wrong, what was perfect

Years together — the chapters of the partnership

Section 7 · Children & raising them

Skip this section if it doesn't apply.

Children — names, when each was born, a sentence on each

Hopes they have, or had, for their children

Family traditions worth preserving on the page

Sunday lunches, Christmas Eve rituals, songs, recipes...

Section 8 · Working life

Whether one career or twelve, paid or unpaid. The work that filled the days.

The career arc — the main chapters in order

A proudest day or achievement at work

A hardest day at work — and how they got through it

What the work gave them, beyond the wage

Section 9 · Places & journeys

The geography of a life — every home and every journey that changed them.

Every home they've lived in, in order if possible

A journey that changed them

The place that feels most like home, and why

Section 10 · Beliefs, character & worldview

What they stand for, lean on, or quietly disagree with.

Faith, philosophy or worldview

A cause or politic they've stood by

A book, song or film that changed how they see the world

Three words friends would use to describe them

Section 11 · Joys & sorrows

The peaks and the troughs. Be brave; we will hold these gently.

A happiness they return to in memory

A loss they carry

A regret — and what it taught them

A reconciliation, or a relationship that healed

Section 12 · Voice & character

How they sound on the page. The sayings, the quirks, the laugh.

Phrases, jokes or sayings they repeat

"Right, that's that." / "Onwards."

Quirks the family teases them about

What makes them laugh

What makes them angry

Section 13 · Legacy & a letter forward

The final pages of the memoir — what they'd leave behind in words.

A lesson they want grandchildren (or great-grandchildren) to know

A hope they hold — for the family or the wider world

A letter to whoever opens this book in fifty years

A few lines or a few pages — entirely up to you.

Section 14 · Materials we'll work from

Last housekeeping — a sense of what you can send. Don't worry if some answers are 'not sure yet'.

Roughly how many photographs are available, and where are they?

e.g. 'About 200, mostly in two old albums'

Audio or video recordings of the subject — yes / no / what

Letters, diaries, scrapbooks — yes / no / what

Family or friends we may interview — names & relations

Anyone the book should be dedicated to?

Thank you.

Your story matters.

When you are finished, scan or photograph each filled page and email to 4yourstory247@gmail.com, or attach them to your online booking. I will write to you personally within forty-eight hours.