

12 Senior-Friendly Conversation Starters

Use these gentle prompts to spark real stories—on your own, with family, or in a group activity.

They're conversation starters, not scripts. If a moment becomes meaningful, you can record a short **keepsake video**—think of it like video insurance so you'll always have peace of mind. (Not an insurance product.)

Firsts & Favorites

1. What did your first job teach you?
2. What has been your favorite place to visit? and why?

Turning Points & Lessons

1. What decision seemed small at the time but shaped your path later?
2. How do you suggest making those difficult decisions.

Objects & Keepsakes

1. What's an object you kept a long time? Do you have it with you still?
2. (cont) Who gave it to you? What moment does it hold?



People who Shaped Me

1. Who believed in you before you believed in yourself?
2. Tell me about someone who taught you a skill you still use.

Music & Memory

1. Name a song that takes you to a specific moment....where are you?
2. Which lullaby, hymn, or anthem still comforts you?

Blessings & Hopes (Family Messages)

1. What's a tradition you'd want the family to continue?
2. What 3 things do you want your family to remember about life?

How to use:

Pick one theme • Choose any question that feels right • Pause or skip anytime • Record only if you want to save the moment • Speak to your person, not the screen • When saving, give the clip a simple name so it's easy to find later.

***Want to save these moments as keepsake videos?
Try Guided Stories by AfterLyfe.***