

Interviews with Elders: Examples of Life and Work

Elders are an inexhaustible source of wisdom, experience, and knowledge. Their stories and experiences teach us a great deal about life, resilience, and overcoming adversity. Here are five questions to ask during interviews with elders to highlight their life journeys and exemplary achievements:

1. What was the most difficult moment of your life, and how did you overcome it?

- **This question aims to understand how the person faced and overcame obstacles, and what lessons they learned from those experiences.**
- How did your family or community help you get through this ordeal?
- What skills or strengths enabled you to meet this challenge?

2. What achievement are you most proud of, and why?

- **This question aims to understand what the person values most in life and what gave them a sense of purpose and satisfaction.**
- How did you feel when you achieved it?
- What did this success teach you about yourself?

3. What is your most important piece of advice for younger generations?

- **This question aims to understand the wisdom and experience you wish to share.**
- What values or principles do you consider essential for living a fulfilling and happy life?
- What common mistakes do you think young people should avoid?

4. What is a memorable moment from your childhood or youth?

- **This question aims to understand which experiences and memories have had a lasting impact on you.**
- How did this memory influence your life?
- What lessons did you learn from it?

5. What gives you hope and the motivation to persevere, especially during difficult times?

- **This question aims to understand what drives you to keep going and maintain a positive attitude.**
- What makes you feel alive and connected to the world?
- How does this help you face challenges and adversity?

Interview objectives:

- To discover the older person's story and experiences
- To highlight their achievements and contribution to society
- Understanding one's values and principles
- Learning from one's mistakes and the challenges faced
- Inspiring younger generations through one's life journey and work

Questionnaire prepared for elders by

Alirio Cacérès, Continental Spiritual Advisor for Latin America and the Caribbean

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