

Milestone Birthday Memory-Prompt Worksheet

ToastBuddy story finder

Answer quickly. Ordinary details often make a better toast than major achievements.

Find a revealing memory

1. When did they quietly show up for you?
2. What ordinary ritual feels unmistakably like them?
3. What phrase do they always say?
4. When did they make a hard day lighter?
5. What have they taught the family without announcing it?
6. What meal, trip, room, or tradition brings them immediately to mind?
7. When did you first realize you could depend on them?
8. How do they make new people feel welcome?
9. What do they notice that everyone else misses?
10. What story does the whole room recognize but still enjoys hearing?

Match the milestone

- **30th:** possibility, chosen friendships, and the person they are becoming
- **40th:** confidence, perspective, and the life they have deliberately built
- **50th:** influence, generosity, and what they keep making possible
- **60th:** legacy in motion, family stories, and new adventures
- **70th and beyond:** wisdom, connection, and a life still being fully lived

Turn one answer into a toast

What happened?

What did they do?

What quality did that reveal?

Who else in the room recognizes it?

What do you wish for their next year?

Find the free birthday toast builder at ToastBuddy.com.