





## All about me

This book is all about me, my life, thoughts, and memories.

**My name:**

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**My birthdate:**

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**My life book was started on:**

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## Instructions

This is a Life Book. You can use this to record the different milestones in your life with as much detail as you can. Throughout this book, you will be given several sections to work with, each with guide questions to help you frame your thoughts. You'll have free rein as to how detailed you want to be, but we recommend being as detailed as possible because your life is worth retelling to your family and friends.

Some sections might not even be applicable to your life right now, but we encourage you to fill them out at a later time in your life if they ever become applicable to you.

### **Brief introduction of yourself**

Describe yourself. What's your name? What's your personality like? What do you love doing? What are your dreams?

### **A big, special day for me**

Describe an important day you've had in your life. Why is it important? What were your feelings during that day? Were you able to prepare for it? Did things turn out great? Were there any mishaps?

### **A club I belong to or belonged to**

Have you ever joined a memorable club? Are you currently part of one? What is the name of the club? What was your role? What did your club do, and what was the most memorable experience you've had with the club?

### **A seasonal memory**

What's your favorite season? Why is it your favorite season? What attachments do you have to this season? Did you have a wonderful experience that reminds you of this season?

## Childhood milestones

Think about your childhood. What would you count as achievements you've had? Discuss as many of them as you'd like. How have these achievements shaped your life?

## Spiritual/religious activities

Do you practice religion? If so, what faith do you believe in? What are religious or spiritual activities you practice and why do you practice them? What are the benefits of practicing them? Any memorable ones? If you're an atheist, what do you do routinely that you would liken to a spiritual or religious activity?

### Dear Dad Letter

Write a letter to your father or father figure. Tell them what you've always wanted to tell them.

### Dear Mom Letter

Write a letter to your mother or mother figure. Tell them what you've always wanted to tell them.

### **A day full of sunshine**

Think about a day when you were happy the whole time. Why were you happy? What did you do throughout that day?

### **A holiday memory**

Think about a memorable holiday experience. What specific holiday was it? What did you do? What happened? What made it so memorable to you?

### What I'm thankful for

What are the things you're currently thankful for at this point in your life? List them down and describe why.

### If I could change one thing

Did the thought "If I could change one thing" ever cross your mind? If so, what exactly is that one thing? Why change that thing?



## I grew up with

Who were the people you grew up with? This doesn't have to be in your family. What was your neighborhood like? What's your city like?

## My most memorable birthday

Which of your birthdays is the most memorable? What about it makes it stand above all your other birthdays?

## I wonder about

Discuss all the questions you have about anything and all the mysteries in the world that intrigue you.

## My dreams

Discuss your dreams. These can be dreams in the sense of what you dream about in your sleep. These can be dreams you have in life that you want to achieve or come true.

## What do I look like

Discuss how you look at home, outside, and what you feel about how you look.

## How I've grown over the years

Discuss how you've grown over the past few years. How tall are you now? How have you've changed as a person over the years, and would you consider those changes as "growing"? Compare things to how you were before? Are you happy with how you've grown?

## Messages from the most important people in my life

List down any messages from the most important people in your life that you cherish to this day. How did these messages affect you? How do they inspire you?

## What's my best friend like

If you consider somebody your best friend, discuss what they're like? Why are they your best friend? What do you do together? How'd you become close and the best of friends?

### **What's my family like (feel free to attach photos of your family!)**

Discuss your family dynamics. What's your mother and/or father like? If you have siblings, what are they like? Do you have pets? What kinds of pets do you have and what are they like? What's the story of your family's history?

### **My adoption day (if you're adopted)**

If you were adopted, what was your adoption day like, if you even have memories of it? What was going through your mind? What did you feel? Were you excited? Scared? Why did you think and feel what you thought and felt?

## A family memory I cherish

What's your most cherished memory involving your family? What happened in that memory that makes it your most cherished one?

## My current living situation

Discuss your current living situation. Are you still living with your family, meaning your parents, siblings, and pets? Did you start a family on your own, whether with a partner or by finding a found family somewhere else? Where do you live now?

### **What's my foster care story? (only applicable if you're under foster care)**

What made you end up in foster care? What was foster care like? Were you happy? Sad?

### **My school life**

Discuss your life at school, whether it's now or back then. Did you go through it without a hitch? What problems did you encounter? How do you think school is or has prepared you for the world?

### **My favorites during my teens**

What were your favorite things during your teens, or what are your current favorites if you're still in your teens? Why are they your favorite things? Did you carry these things into adulthood, or do you believe these will carry over to adulthood?

### **My favorite achievement during my school years**

Did you achieve anything in school? If so, what was your favorite achievement? Did it have a lasting impact on you?



## My hospital experience

If you were ever brought to the hospital, either because you needed treatment or were accompanying someone, what was the most memorable experience you've had?

## An embarrassing or funny moment in your life

Discuss any embarrassing or funny moments in your life. What was funny about it? If it was embarrassing, why was it embarrassing?

## My most memorable vacation

What was the most memorable vacation you've had? What happened that made it so memorable?

## My plans for the future

What are your plans for the future? How do you plan on achieving your goals? How far are you in your progress of achieving them, if you're already enacting your plans?