Life Book

Cover Page (Choose from options 1-3 at end)

Your Name: _____

Inside Cover (Choose from options 1-3 at end)

Brief Introduction of Yourself: _____

A Big Day for Me

Describe an important day in your life: _____

A Club I Belong To

Name of Club: _____

Role in the Club: _____

A Special Day for Me

Date: _____

Why was this day special: _____

Autumn Memories

Share a memorable autumn experience:

_____

Childhood Milestones

List your significant achievements as a child:

Church Activities

Describe your participation in church activities:

Copy of Birth Certificate
Attach here.

Copy of Court Records
Attach here.

Dear Dad Letter
Write a letter to your Dad:

Dear Mom Letter

Write a letter to your Mom:

Full of Sunshine

Describe a happy event or period in your life:

Holiday Memories

Share your favourite holiday memory:

I Am Thankful For

List down things you are grateful for:

If I Could Change One Thing

What would you change about your life, and why?

I Grew Up With

Who were the most influential people during your upbringing?

Important People - Contact Info

List the contact information of significant people in your life:

It's My Birthday

Date: _____

How do you typically celebrate your birthday?

I Wonder About

List questions or mysteries about your life or the world that intrigue you:

Look At Me

Write a description of yourself:

Look How I've Grown

Describe how you've evolved over the years:

Memories

List your most cherished memories

Messages from Important People in My Life

Write down or paste significant messages or letters you've received:

More About Me

Share more personal details or stories that define you:

My Adoption Day

If applicable, detail your adoption day:

My Best Friend

Describe your best friend and your relationship with them:

My Birthday

What makes your birthday special each year?

My Brother

If applicable, describe your relationship with your brother:

My Extended Family (photo)

Attach a photo of your extended family and describe who's who:

My Extended Family Members

List the names and relationships of your extended family members:

My Family

Describe your immediate family members and your relationship with them:

My Family - Extra Stars

Write about family members who have played a stellar role in your life:

My Family Photos

Attach family photos and provide context or describe the occasion:

My Family Story

Narrate your family's history or a story that holds significance for your family:

My Foster Family

If applicable, describe your relationship with your foster family:

My Foster Story

If applicable, share your experiences about being in foster care:

My Future Plans

Describe your aspirations and plans for the future:

My Memories (Categorise by Age: 0-3, 4-6, 7-9, 10-12, Teen years)

Reflect on your past and record memorable experiences during these age periods:

My Predictions for the Future

Make predictions about your life or the world:

My Religious Beliefs

Describe your religious or spiritual beliefs:

My Sister

If applicable, describe your relationship with your sister:

My Thoughts About My Family

Share your feelings and thoughts about your family:

My Wishes

What are your deepest desires and wishes?

Other Homes Where I've Lived

List and describe other places you've lived:

Other People I Lived with in My Birth Family

If applicable, write about the people you lived with in your birth family:

Other Places I've Lived

Describe other cities or countries you've lived in:

School Days

Share memories from your school years:

Someone I Care About

Write about a person you deeply care about:

Someone I Look Up To

Who do you admire and why?

Someone I Lived with that is Important to Me

Write about a housemate or roommate who's played a significant role in your life:

Someone Like a Brother to Me

Describe someone who isn't your sibling but shares a similar bond:

Someone Like a Sister to Me

Describe someone who isn't your sibling but shares a similar bond:

Special Days & Celebrations

List and describe your favourite celebrations or special occasions:

Sports I Play

List the sports you play and describe your experiences with them:

Spring Memories

Share memorable experiences from the spring season:

Summer Memories

Share memorable experiences from the summer season:

Teen Favorites

List your favourite things or activities during your teen years:

Teen Stuff - Important Phone Numbers & Websites

List important contacts and resources for teens:

The Day You Came Home from the Hospital

If known, describe the day you came home from the hospital after your birth:

The Day You Came to Our Family

If applicable, describe the day you were adopted or came to live with your family:

Things That Make Me Feel

What are some things that stir up strong emotions in you?

Vacation Times

Describe your favourite vacation or travel experience:

When I Was Born

If known, share details about the day you were born:

Winter Memories

Share memorable experiences from the winter season:

Words That Describe Me

List words that best describe you:

Remember, these are just guidelines. Feel free to modify or expand on these prompts to make your Life Book as personal and meaningful as possible.

You can write or insert a picture related to the heading for each blank line or box.

Cover Pages + Index are on the following.

Choice your favourites to put at the beginning of the book.

My Life Book

All About Me

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

MY NAME

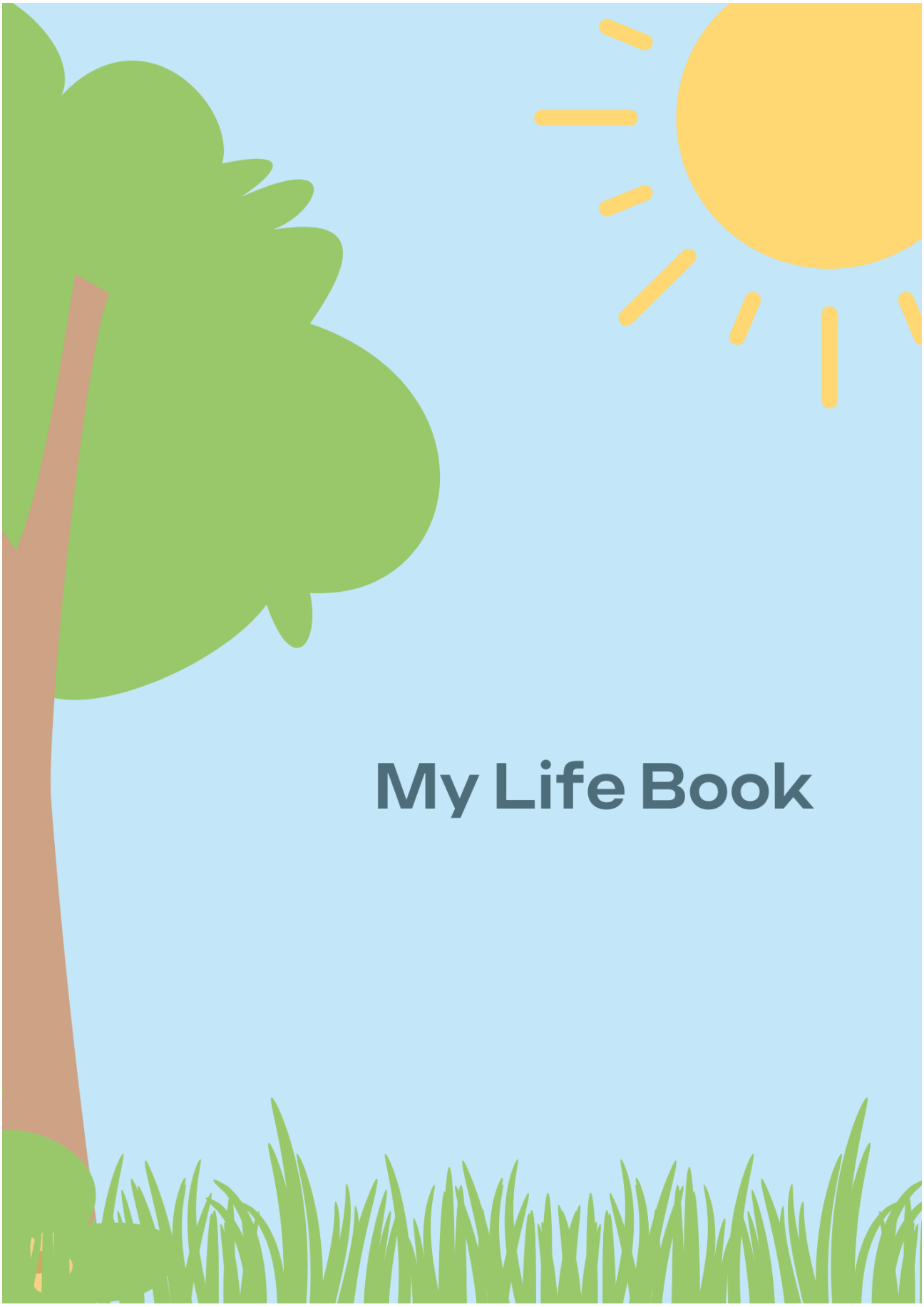
_____

MY BIRTH DATE

_____

MY LIFE BOOK WAS STARTED ON

_____



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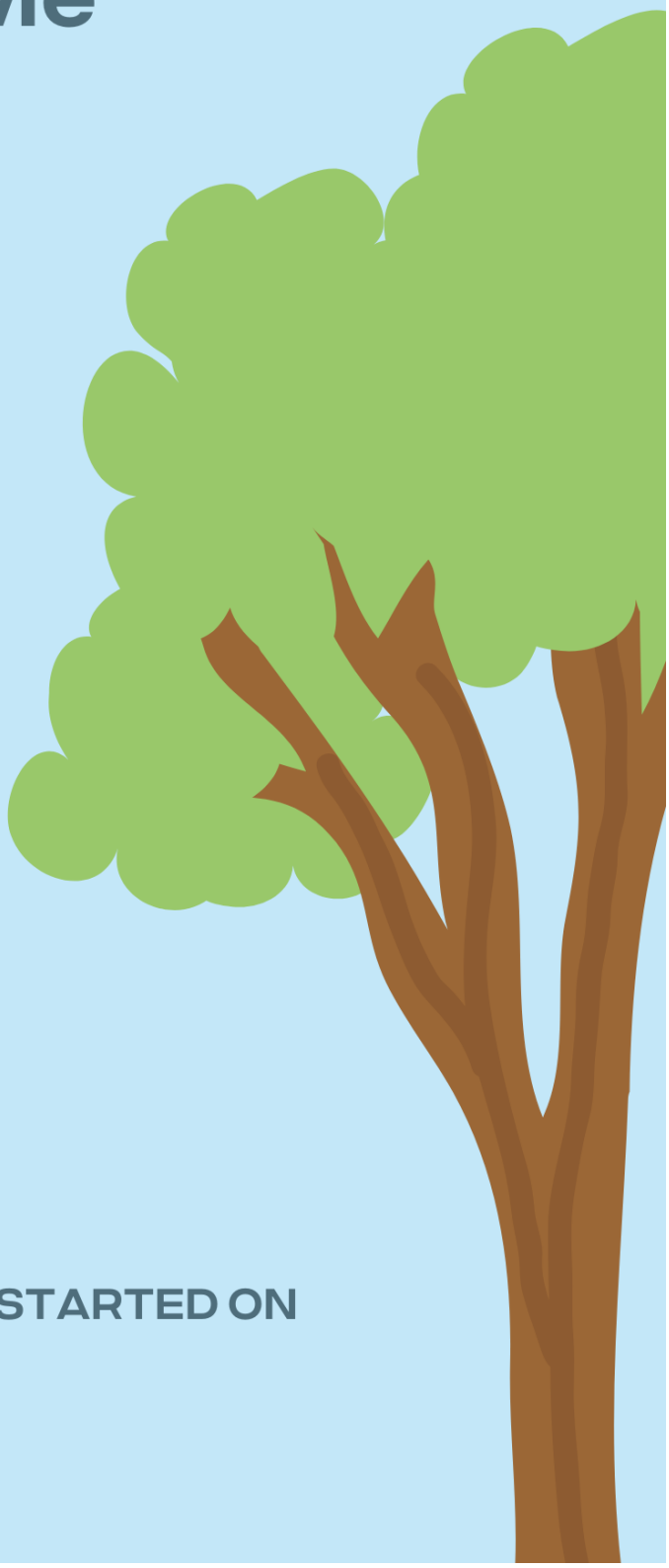

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