



THIS IS ME!

ALL ABOUT ME!

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

MY NAME

MY BIRTH DATE

MY LIFEBOOK WAS STARTED ON



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The Day You Came Home from the Hospital

The date:

Your age:



What you were wearing:

Who picked you up:

How we felt:

I must have been a beautiful baby!

Baby photo

My full name:

My birth date & time:

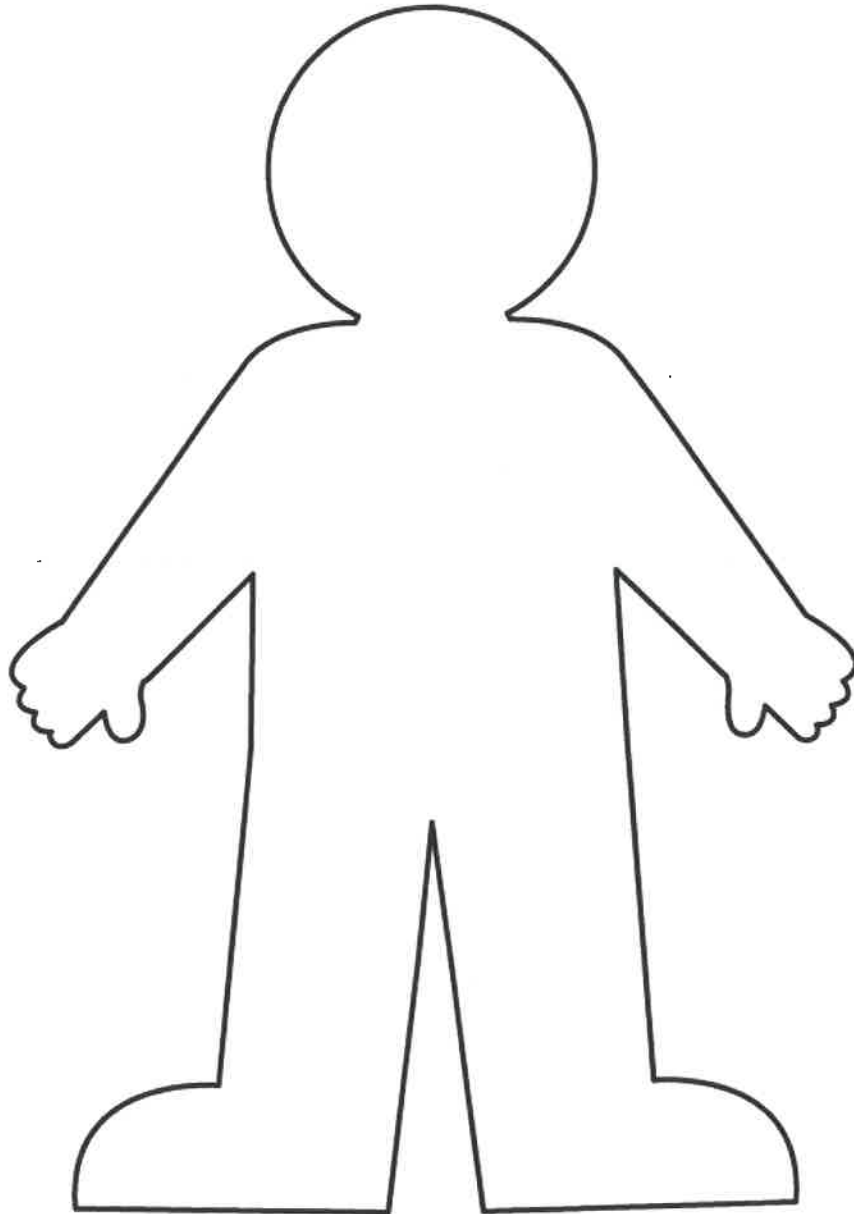
Weight:

Length:



LOOK AT ME!

Kids - use your colors to make this figure look just like you.



My name is _____ . I am _____ years old.

I am _____ inches tall. I weigh _____ pounds.

I have _____ eyes. I have _____ hair.

4 - (100)

Words That Describe ME!

fun

athletic

quiet

LOUD

sad

musical

SMART

short

happy

proud

TALL

silly

RESPONSIBLE

friendly

artistic

confused

upbeat

daydreamer

bossy

creative

WILD

NERVOUS

SCARED

generous

adventurous

careful

ENERGETIC

LOVING

MAD

beautiful

serious

tired

KIND

(photo of your family)



**Names of
family members:**

My Foster Family

Address/Phone:

**What I like about
living here:**

(Photo of your house)

Date:

The Day You Came To Our Family

The date:

Your age:

Who brought you:

How we felt:



My Family Story

A large, brown-outlined house shape designed for writing. The house has a triangular roof and a small red chimney on the right side. The interior of the house is filled with horizontal lines for writing. There are 5 lines in the triangular roof section and 15 lines in the rectangular body section, for a total of 20 lines.

Handwritten scribbles at the bottom left of the page, including a small 'e' and a circle with a diagonal line through it.

Other Homes Where I've Lived



Where I lived:

People in the family:

Fun things I did:

Names of friends:

Name of my
school:

Pets names:

My Family Story

A large, brown-outlined house shape designed for writing. The house has a triangular roof and a small red chimney on the right side. The interior of the house is filled with horizontal lines for writing. There are four lines in the triangular roof section and sixteen lines in the rectangular body section.



ME

My Family



My Family Photos

I Grew Up With

Where We Lived

A Special Memory

My Brother

My brother is important to me because _____

I like to _____

_____ with my brother.

Words that describe my brother:

*	_____	_____	_____	_____	*
	_____	_____	_____	_____	
	_____	_____	_____	_____	

A special memory _____



Things I like about him:

What makes him special:



A happy memory:



Things I like about her:

What makes her special:



A happy memory:



My Sister

My sister is important to me because _____

I like to _____

_____ with my sister.

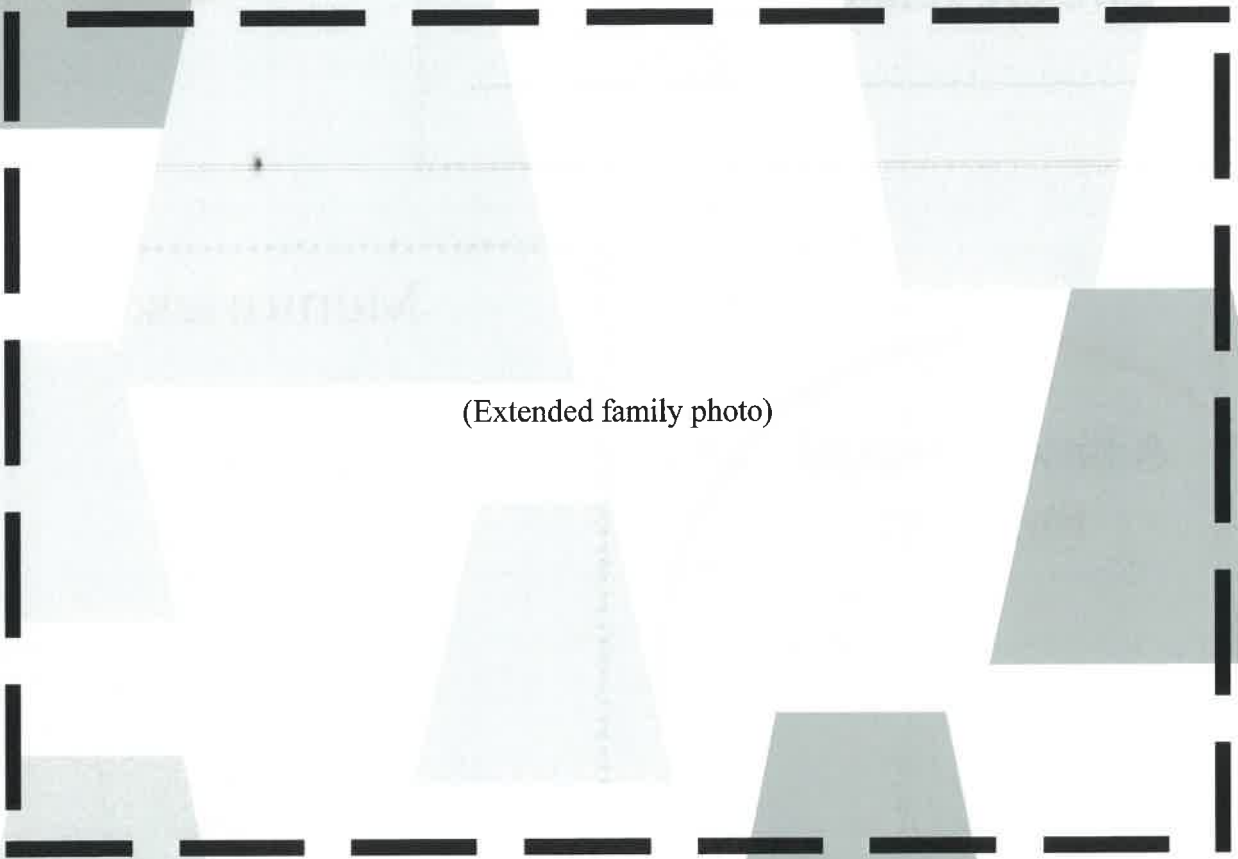
Words that describe my sister: *

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

A special memory _____



My Extended Family



(Extended family photo)

MY EXTENDED FAMILY MEMBERS

Name: _____

Address: _____

Phone: _____

How we are related: _____

Celebrating
the people
in my life

A time we spent
together:

Memories:

_____ is special to me because _____

We lived together when: _____

A happy memory: _____

_____ is special to me because _____

We lived together when: _____

A happy memory: _____

Other People I Lived With In My Birth Family

_____ is special to me because _____

We lived together when: _____

A happy memory: _____

_____ is special to me because _____

We lived together when: _____

A happy memory: _____



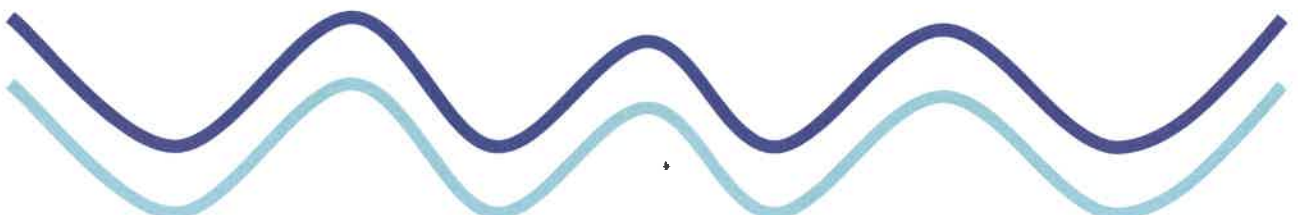
Someone I Lived With That Is Important To Me

Name

When We Lived Together

Where They Live Now

A Special memory



Other
Places
Where
I've
Lived



<u>Where I lived:</u>	
<u>People I knew:</u>	<u>Fun things I did:</u>
<u>Friends I made:</u>	<u>School I attended:</u>

My Beliefs

My religion teaches me

My cultural traditions

My religious milestones

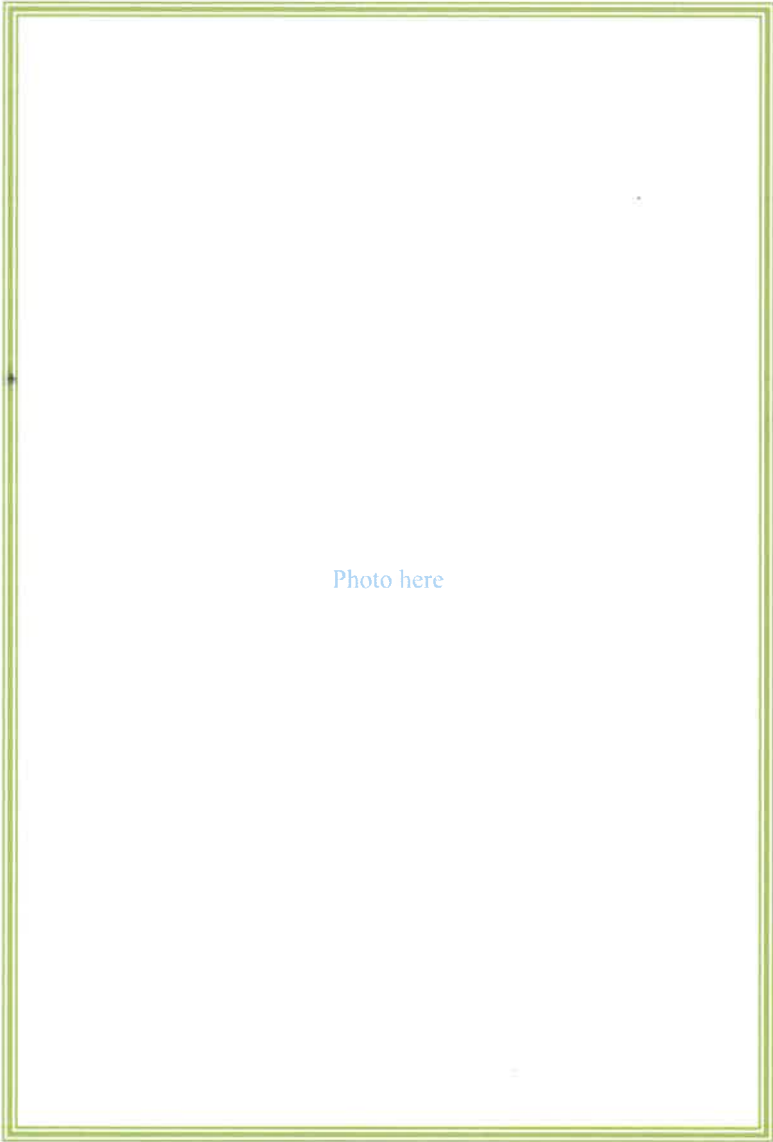
beliefs—faith—religion—spirit—culture—tradition

14 — 100



Friendship

My best friend is: _____



Memories:

Best Buds!

WINTER

What I like about winter:



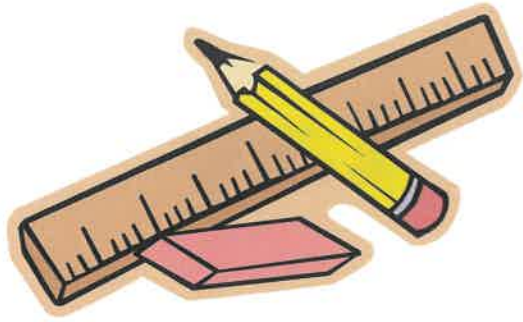
A large rectangular area outlined with a blue dotted line, intended for drawing or coloring.

SPRING



What I like about spring:

A large rectangular area with a red dotted border, intended for drawing or coloring.



School Days

Schools I attended

My Teachers

Favorite Subjects

What my teachers say about me...

Sports I Play

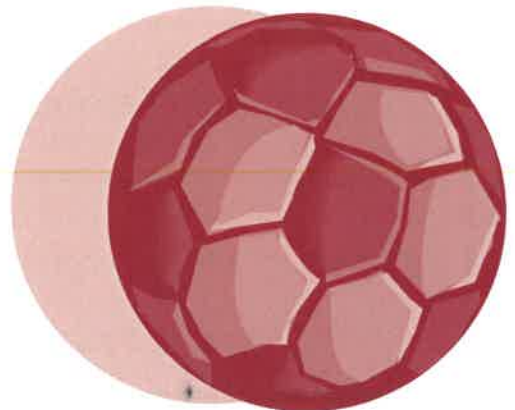
(photo)

My sport is:

My coach is:

I started playing when I was:

I like this sport because:



SUMMER



What I like about summer:

A large rectangular area outlined with a dotted yellow border, intended for drawing or additional writing.

AUTUMN

What I like about autumn:

A large rectangular area with a dotted orange border, intended for drawing or additional writing.

My Memories from



age zero to three



18

100

(Photo)

**A
Special
Day
for
Me!**

The occasion:

Date:

Place:

Who was there:



Childhood Milestones

My first word was

My first haircut

My first tooth:



My first pet

My first time crawling:

My first steps:

My first toy:

My first friend

MESSAGES

FROM IMPORTANT PEOPLE IN MY LIFE

A yellow sticky note template with four horizontal lines for writing. The lines are evenly spaced and extend across most of the width of the note. At the bottom center, the word "FROM" is printed in a bold, black, sans-serif font, followed by a horizontal line for the sender's name. The entire note is framed by a blue, hand-drawn style bracket on both the left and right sides.

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My Memories from



age four to six



20 - 100

**THINGS I'M
INTERESTED IN**

**THINGS I
DO WELL**

MORE ABOUT ME

THINGS I ENJOY

**THINGS THAT
MAKE ME LAUGH**

Look How I've Grown!



I lived with the _____ family
from _____ to _____.

When I came to live with the _____ family
on ___ / ___ / ___, I was _____ old, _____ inches tall,
and weighed _____ pounds. When it was time for me
to leave on ___ / ___ / ___, I was _____ old,
_____ inches tall, and weighed _____ pounds.

The _____ family's contact information is:

Street Address: _____

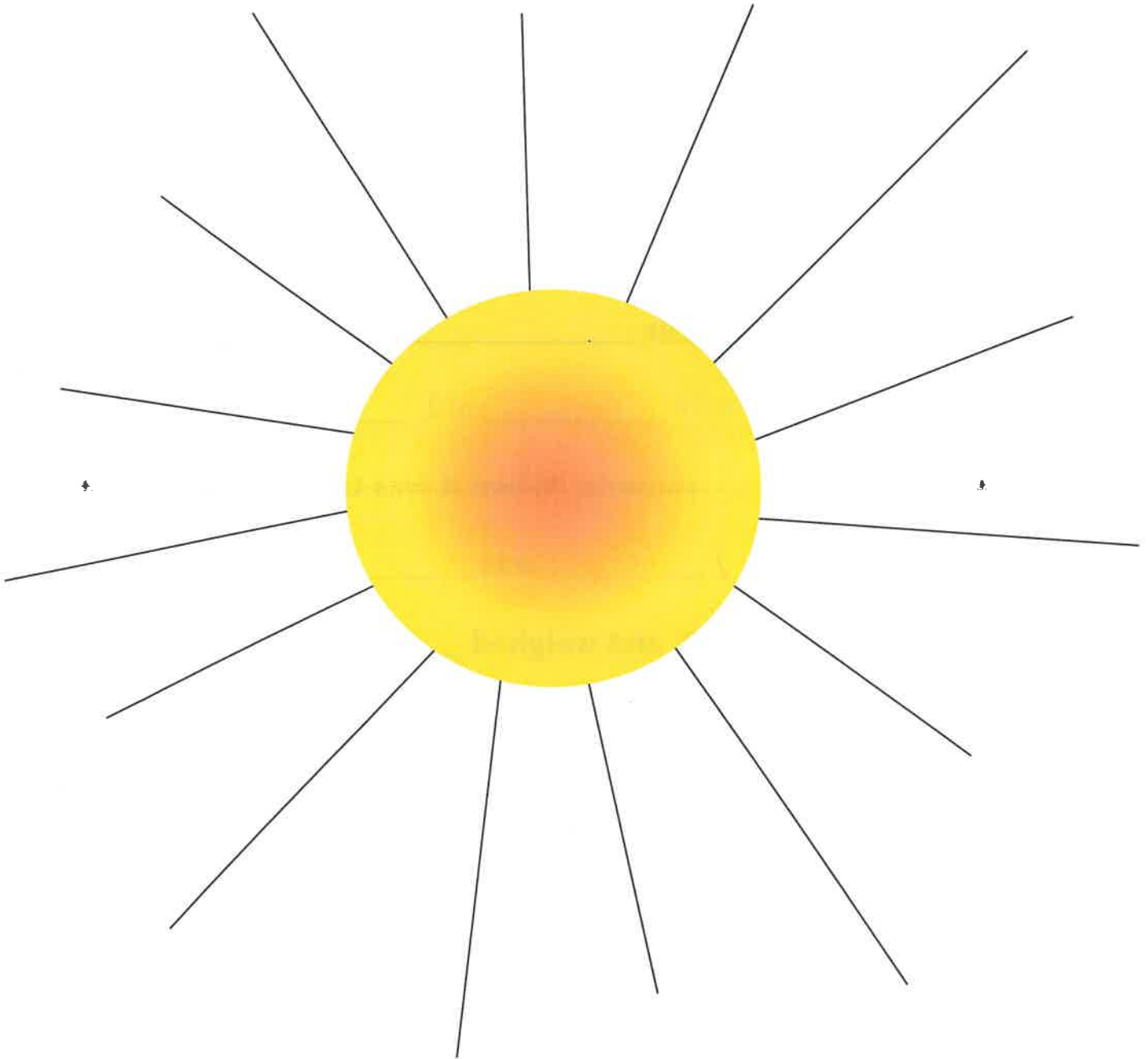
City: _____ State: _____ Zip: _____

Their phone numbers: _____

Their e-mail addresses: _____

Names of people in their family: _____

Full of Sunshine



Important People Who Make Me Shine

My Memories from



age seven to nine



22 ~ 100

Things I Do

(photo)

good times

Club I Belong To

What We Do

Things I Have Learned



Things that make me
FEEL



HAPPY

SAD

EXCITED

LOVED

PROUD

SAFE

ANGRY

BRAVE

GREAT

**My Wishes for
Myself Right Now**

**My Wishes for
Myself in the Future**

**My Wishes
for the World**

**My Wishes for
my Family**



My Wishes

My Memories from



age ten to twelve

24 - 100

MY FAVORITE THINGS

Movies

Songs

Hobbies

Books

Colors

TV Shows

Sports

Actors

Foods

Animals

Musicians

Subjects

Board Games

Holidays

Websites

Restaurants



Vacation Times

Where we went:

When we went:

Who went:

What I want to remember:

Special days and celebrations

Photo here

What: _____
When: _____
Where: _____

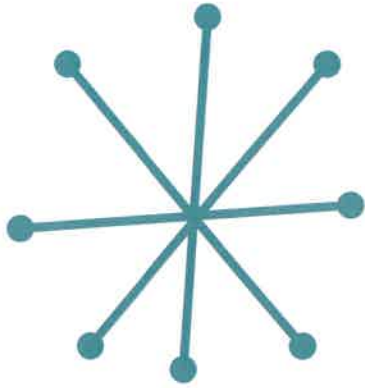
Photo here

What: _____
When: _____
Where: _____

My Memories from



my teen years



My predictions for the FUTURE...



NEW INVENTIONS

NEW WAYS TO TRAVEL

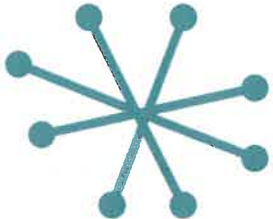


NEW DISCOVERIES

MY FUTURE CAR



A DAY IN MY LIFE IN 2050



My future plans



My goals

How to reach my goals

Choice of profession

My next step

Determined

Dreams

Achieve

Reach

Strive



TEEN STUFF



Places/People where I can
get information:

Place/Name _____

Number _____

Place/Name _____

Number _____

Place/Name _____

Number _____

Place/Name _____

Number _____

Place/Name _____

Number _____

Important Websites:

www. _____

www. _____

www. _____

www. _____

www. _____

www. _____

www. _____

www. _____

www. _____

www. _____

www. _____

www. _____





Important People

(Contact Information)

Name

Address

Phone

Email

Name

Address

Phone

Email

Name

Address

Phone

Email

Name

Address

Phone

Email

Name

Address

Phone

Email

Name

Address

Phone

Email



(photo)

_____ means so much to me because



Someone I Care About

is special to me because

A happy memory:



My Adoption Day

Photo here

Date: _____

Place: _____

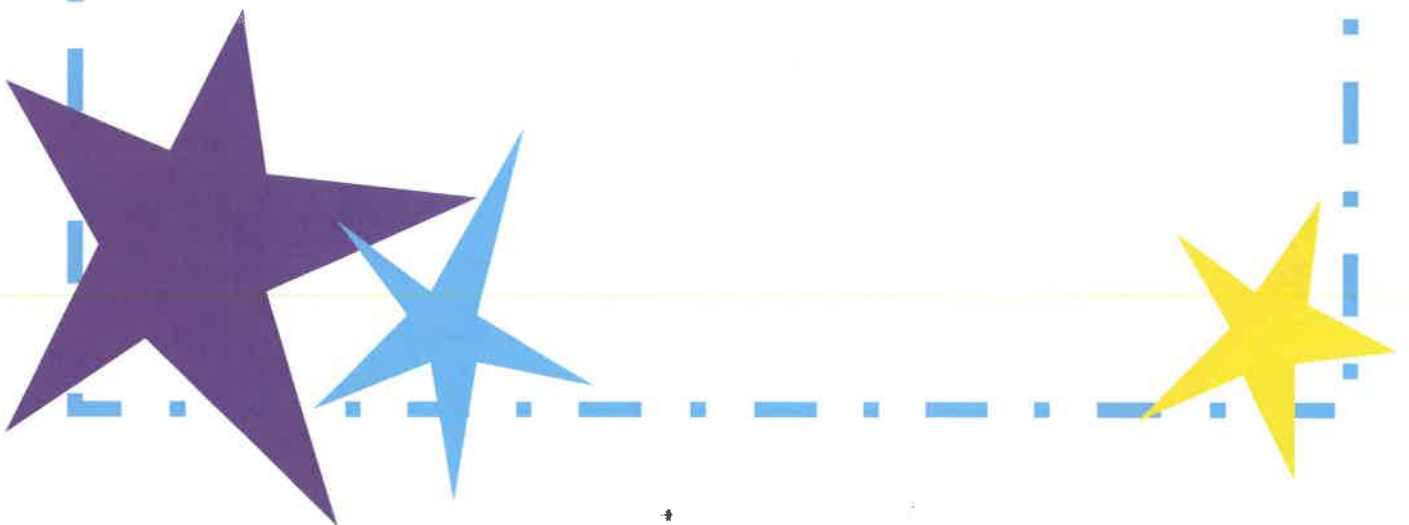
Judge that presided: _____

Important people that attended: _____

How I felt: _____



Memories



MY BIRTHDAY!!!

(Photo)

All about it:

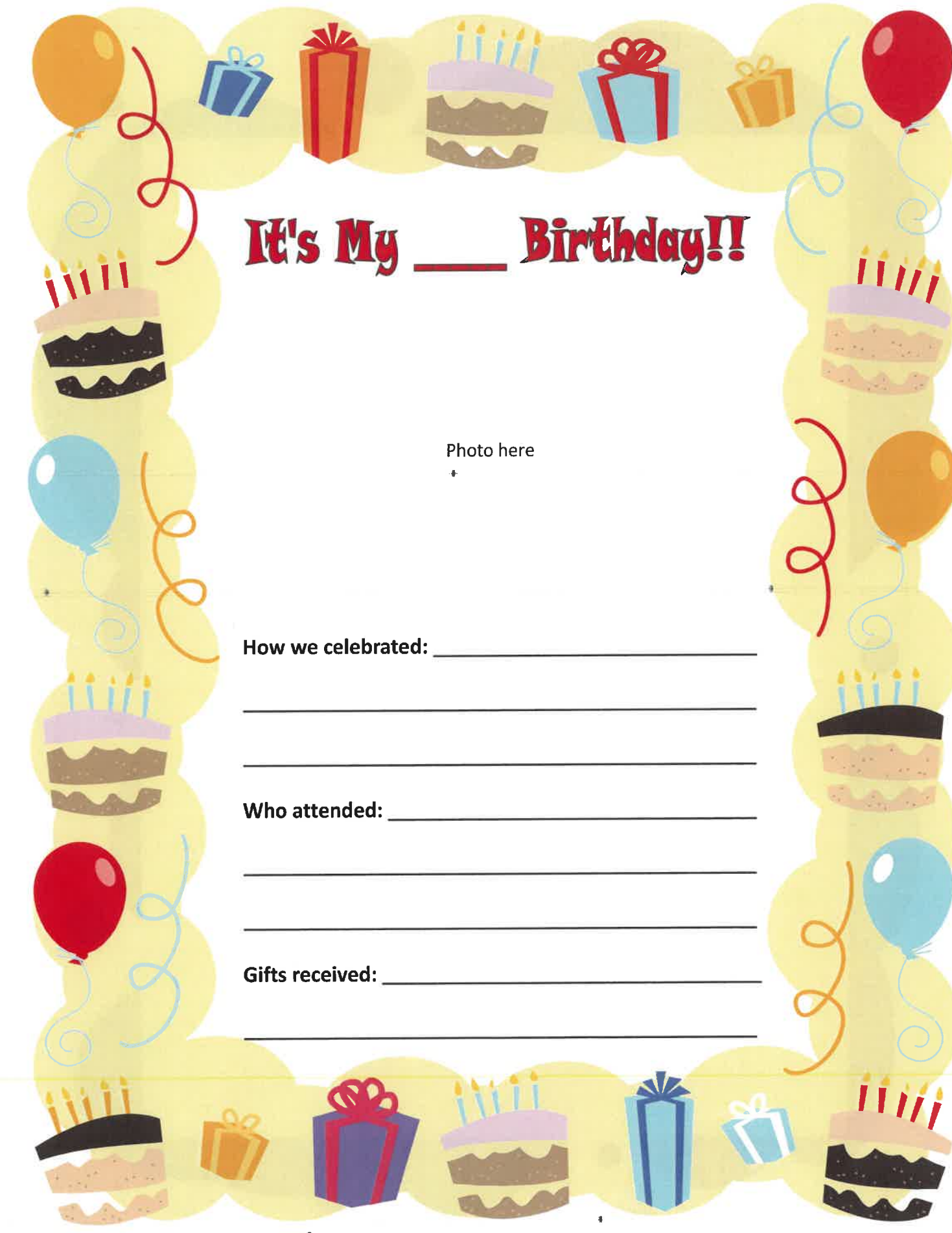


I am ____ years old!





Holiday Memories



It's My ___ Birthday!!

Photo here
+

How we celebrated: _____

Who attended: _____

Gifts received: _____



Holiday Memories

MY BIRTHDAY!!!

(Photo)

Delete

All about it:



I am ____ years old!

Holiday Memories





It's My ____ Birthday!!

Photo here

Delete

How we celebrated: _____

Who attended: _____

Gifts received: _____





Holiday Memories