

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

I must have been a beautiful baby!

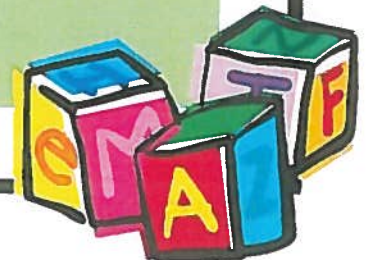
Baby photo

My full name:

My birth date & time:

Weight:

Length:



My Memories from



age zero to three



Childhood Milestones

My first word was

My first haircut

My first tooth:

My first time crawling:


My first steps:

My first toy:



My first pet

My first friend

The image shows a spiral-bound notebook with five blank, tilted rectangular photo slots. The slots are arranged in a staggered pattern. The top-left slot is light green, the top-right is teal, the middle-left is teal, the middle-right is light green, and the bottom-left is light green. The notebook's spiral binding is visible on the left side.

**My
Family
Photos**

My Brother

My brother is important to me because _____

I like to _____

_____ with my brother.

Words that describe my brother:

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

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 _____



My Sister

My sister is important to me because _____

I like to _____

_____ with my sister.

Words that describe my sister:

A special 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 MEMBERS

Name: _____

Address: _____

Phone: _____

How we are related: _____

Celebrating
the people
in my life

A time we spent
together:

Memories:

The Day You Came To Our Family

The date:

Your age:

Who brought you:

How we felt:



(photo of your family)



**Names of
family members:**

Address/Phone:

My Foster Family

**What I like about
living here:**

(Photo of your house)

Date:

My Memories from



age four to six





Things that make me
FEEL



HAPPY

SAD

EXCITED

LOVED

PROUD

SAFE

ANGRY

BRAVE

GREAT

Special days and celebrations

Photo here

What: _____

When: _____

Where: _____

Photo here

What: _____

When: _____

Where: _____

MY BIRTHDAY!!!

(Photo)

All about it:



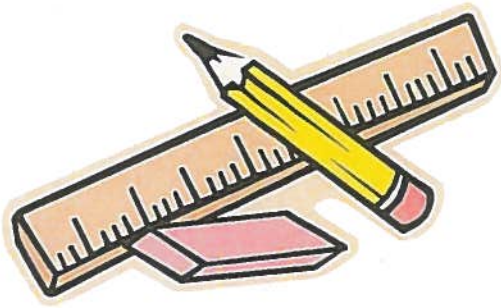
I am ____ years old!

My Memories from



age seven to nine





School Days

Schools I attended

My Teachers

Favorite Subjects

What my teachers say about me...

**THINGS I'M
INTERESTED IN**

**THINGS I
DO WELL**

MORE ABOUT ME

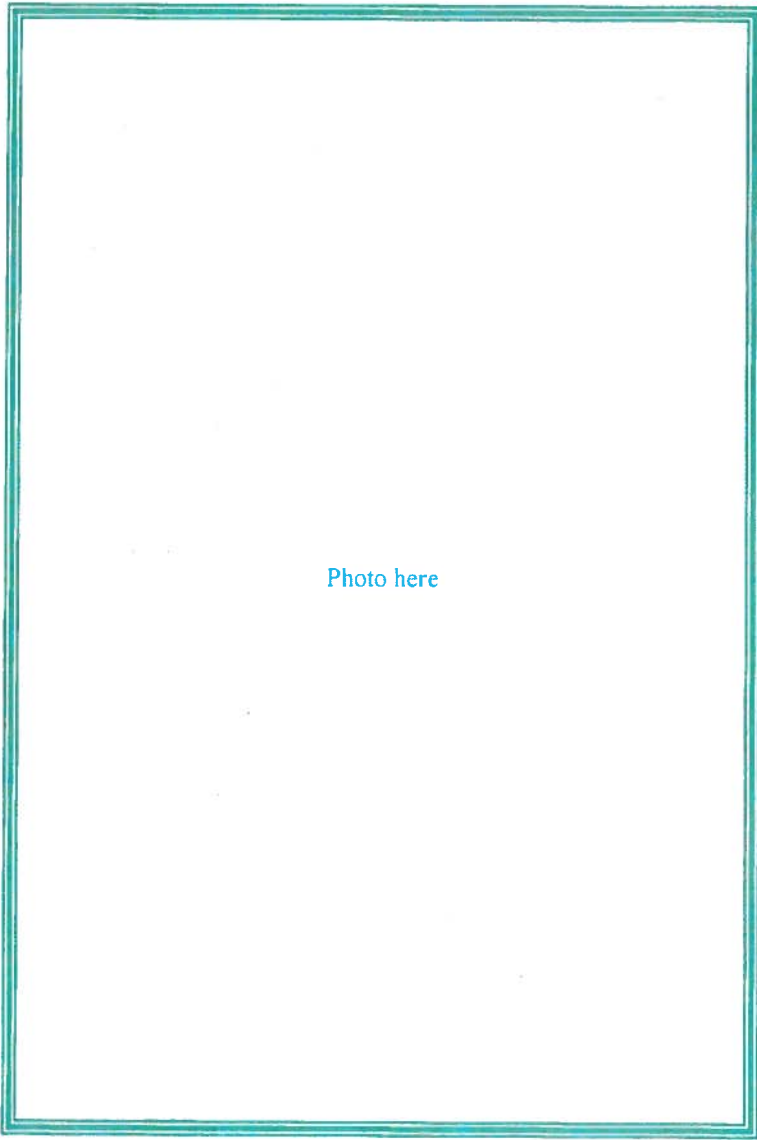
THINGS I ENJOY

**THINGS THAT
MAKE ME LAUGH**



Friendship

My best friend is: _____



Memories.

Best Buds!

MY BIRTHDAY!!!

(Photo)

All about it:



I am ____ years old!

My Memories from



age ten to twelve



Sports I Play

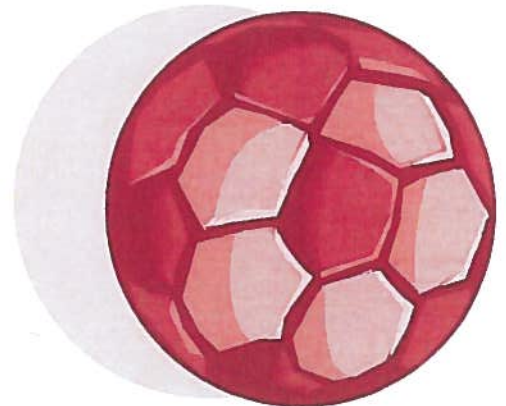
(photo)

My sport is:

My coach is:

I started playing when I was:

I like this sport because:





Vacation Times

Where we went:

When we went:

Who went:

What I want to remember:

MY BIRTHDAY!!!

(Photo)

All about it:



I am ____ years old!

My Memories from



my teen years



Holiday Memories



MY FAVORITE THINGS

Movies

Songs

Hobbies

Books

Colors

TV Shows

Sports

Actors

Foods

Animals

Musicians

Subjects

Board Games

Holidays

Websites

Restaurants

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

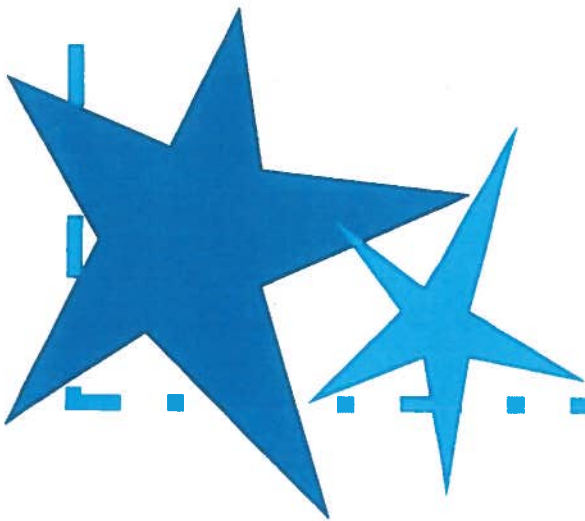
Beautiful

serious

tired

KIND

Memories





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

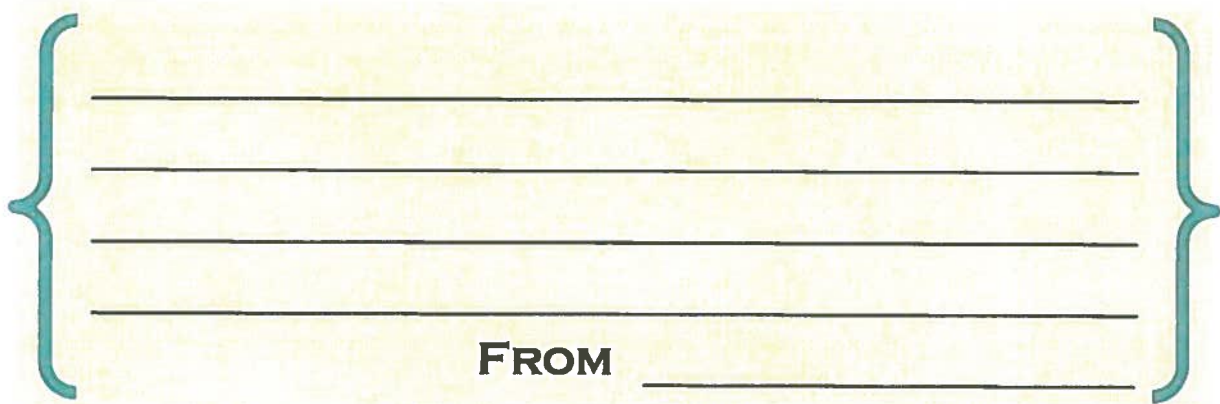
**Someone I look
up to is...**

(photo)

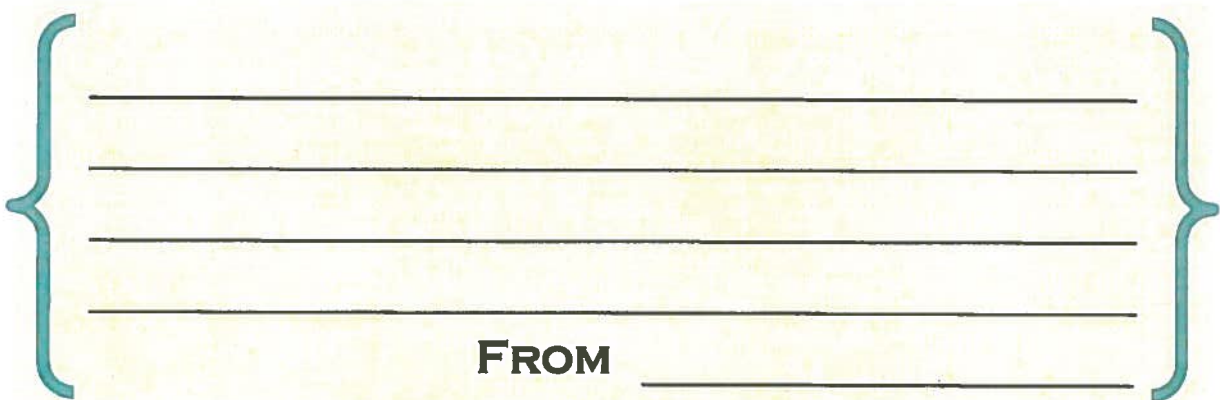
_____ **means so much to me because**

MESSAGES

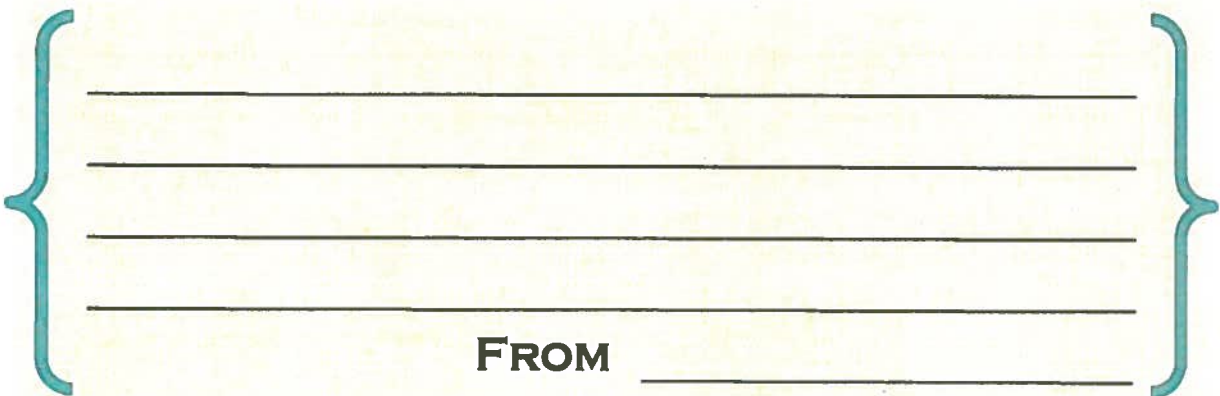
FROM IMPORTANT PEOPLE IN MY LIFE



A rectangular message card with a light yellow background and a teal border. It features four horizontal lines for writing. At the bottom, the word "FROM" is printed in bold, followed by a horizontal line for the sender's name.



A rectangular message card with a light yellow background and a teal border. It features four horizontal lines for writing. At the bottom, the word "FROM" is printed in bold, followed by a horizontal line for the sender's name.



A rectangular message card with a light yellow background and a teal border. It features four horizontal lines for writing. At the bottom, the word "FROM" is printed in bold, followed by a horizontal line for the sender's name.

My future plans



Determined

My goals

How to reach my goals

Dreams

Choice of profession

Achieve

My next step

Reach

-

Strive



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: _____
