

All About Me!

This is a booklet all about my life!

Share stories with friends, family and staff!



Name:

Date:





The Early Years

1. Details about when and where I was born.

2. Information about my parents and other family members.

3. Life at home in the early years of my life, including memories about siblings, friends, school memories and other childhood memories.

4. School memories, educational pursuits, first job, career and/or volunteer work.

The Adult Years

5. Special memories about adult life (such as first love; special friends; favourite people; special celebrations).

6. Favourite social events and activities. My favourite memories.

7. My favourite things (foods, pets, things I collect, destinations, books, people, movie stars, singers, movies, etc.)



things I do not like!

Things I like to do. How do I like to spend my free time? Vacations, trips, sports, arts, culture and travels.



Special skills, talents and/or interests.

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Other: Favourite memories; things I want people to know about me; etc.