





THIS IS ME!





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

ALL ABOUT ME!

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

MY NAME

MY BIRTH DATE

MY LIFEBOOK WAS STARTED ON



Copy of My Birth Certificate

I must have been a beautiful baby!

Baby photo

My full name:

My birth date & time:

Weight:

Length:



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

My Memories from



age zero to three

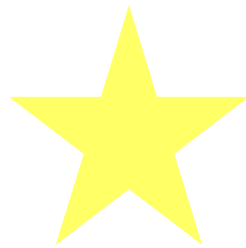
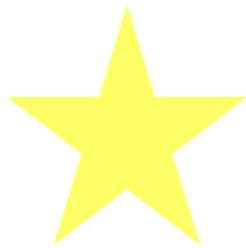
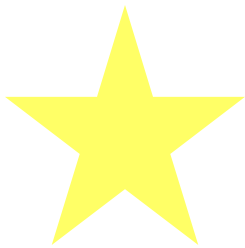
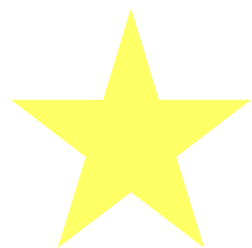
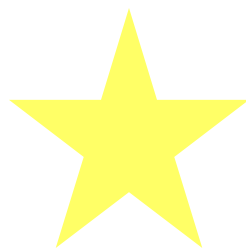
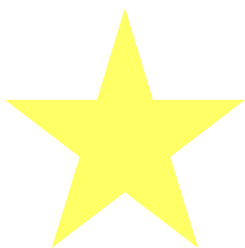
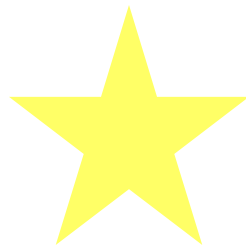
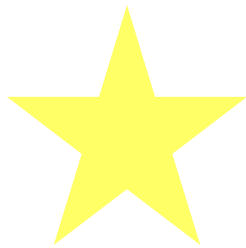
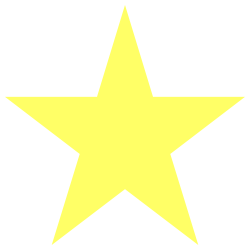
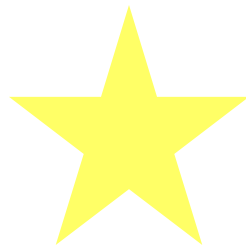
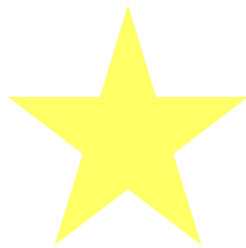
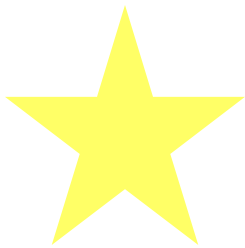
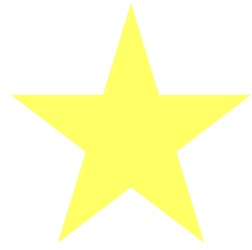
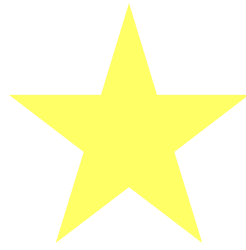
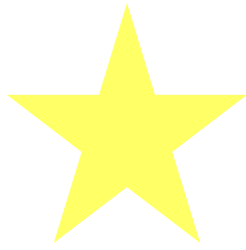
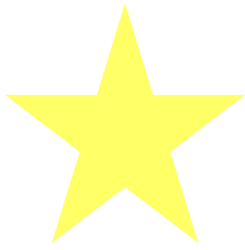




ME

My Family

My Family (extra stars to cut out)





My Family Photos

MY EXTENDED FAMILY MEMBERS

Name: _____

Address: _____

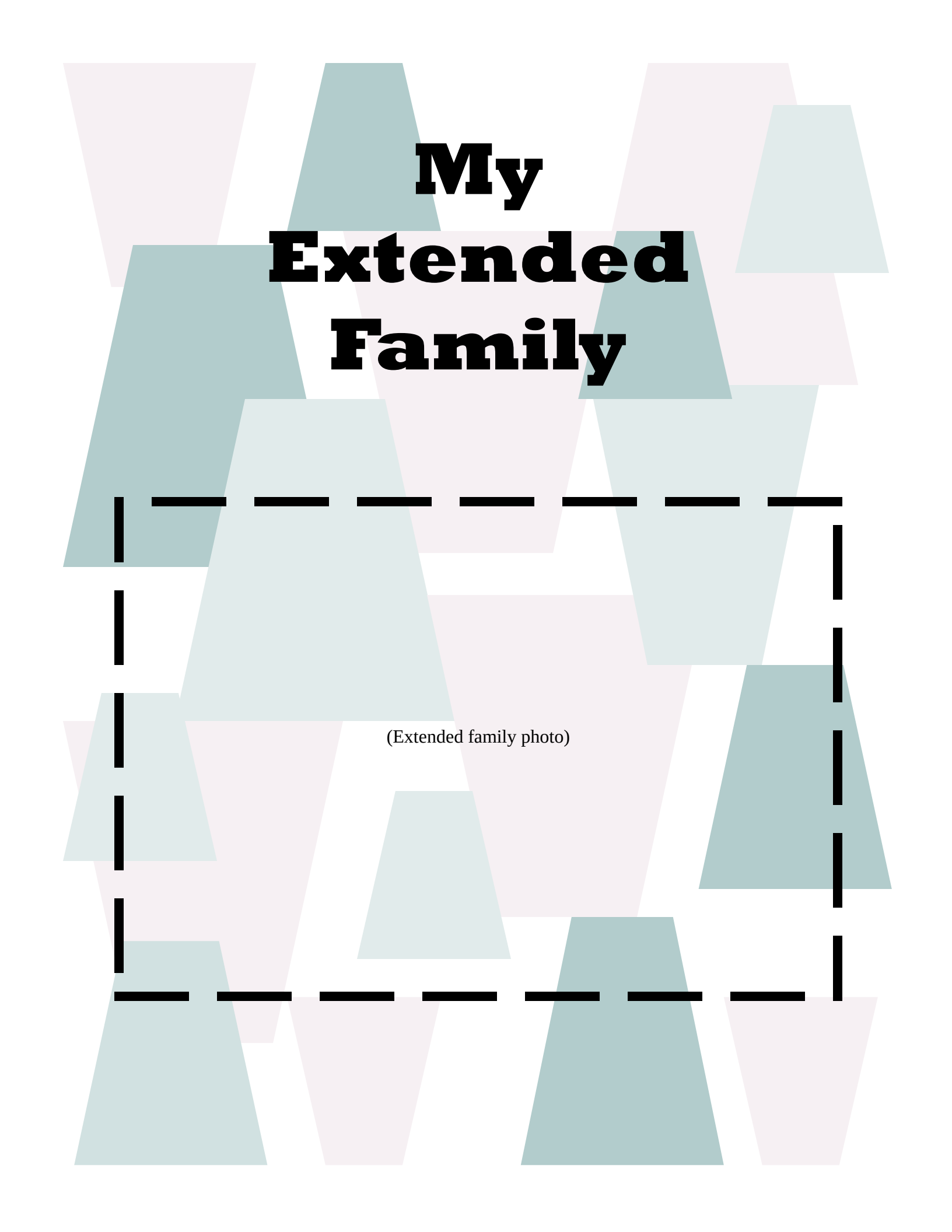
Phone: _____

How we are related: _____

Celebrating
the people
in my life

A time we spent
together:

Memories:



My Extended Family

(Extended family photo)

My

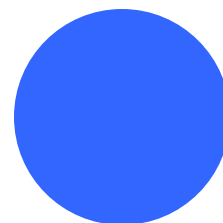
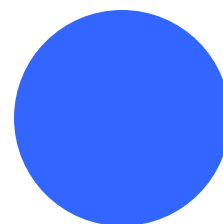
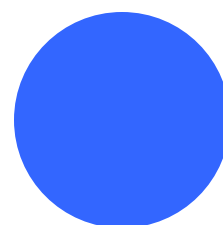
How I went into foster care:

Story

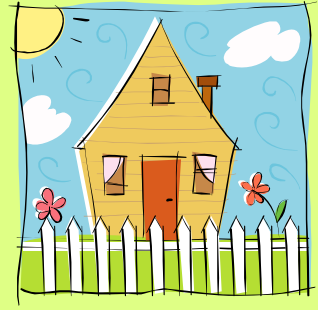
When I went into foster care:



Why I went into foster care:



(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: _____

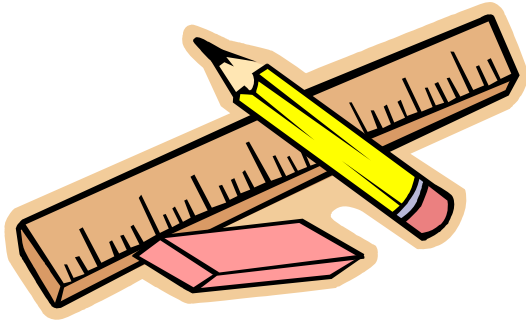
Where: _____

My Memories from



age seven to nine





School Days

Schools I attended

My Teachers

Favorite Subjects

What my teachers say about me...



My best friend is: _____

Memories.

Photo here

Best Buds!

My Memories from

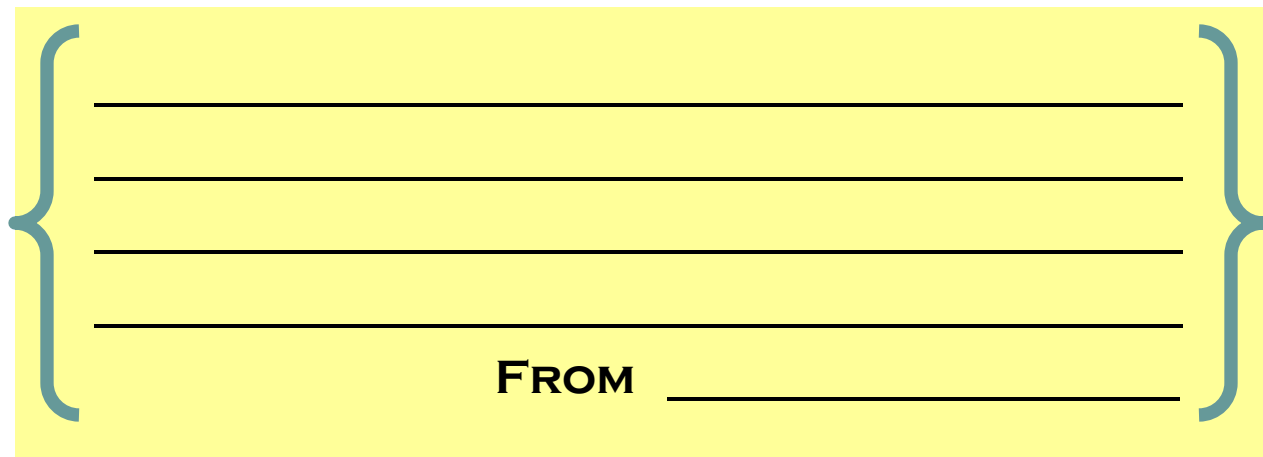


age ten to twelve

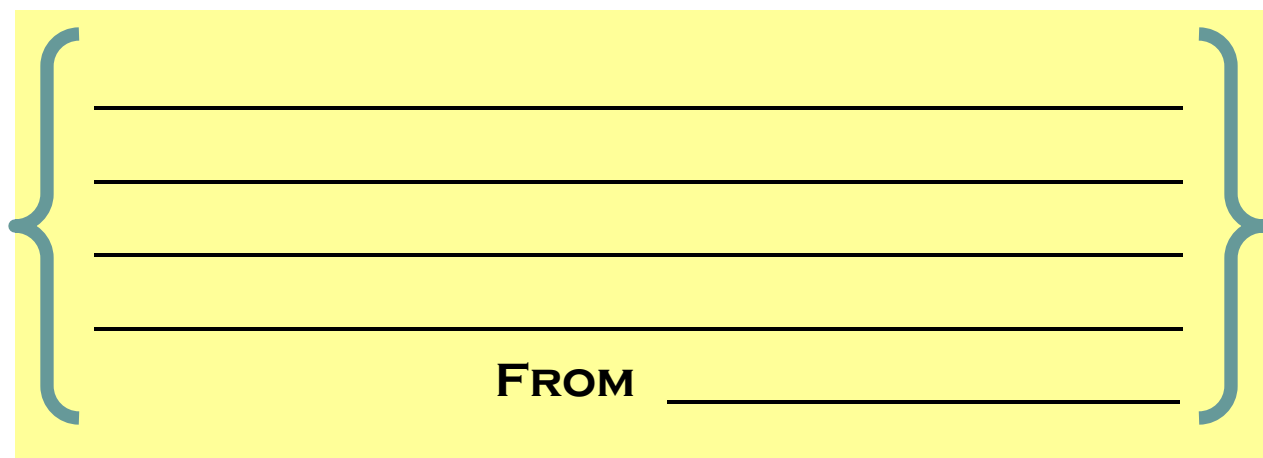


MESSAGES

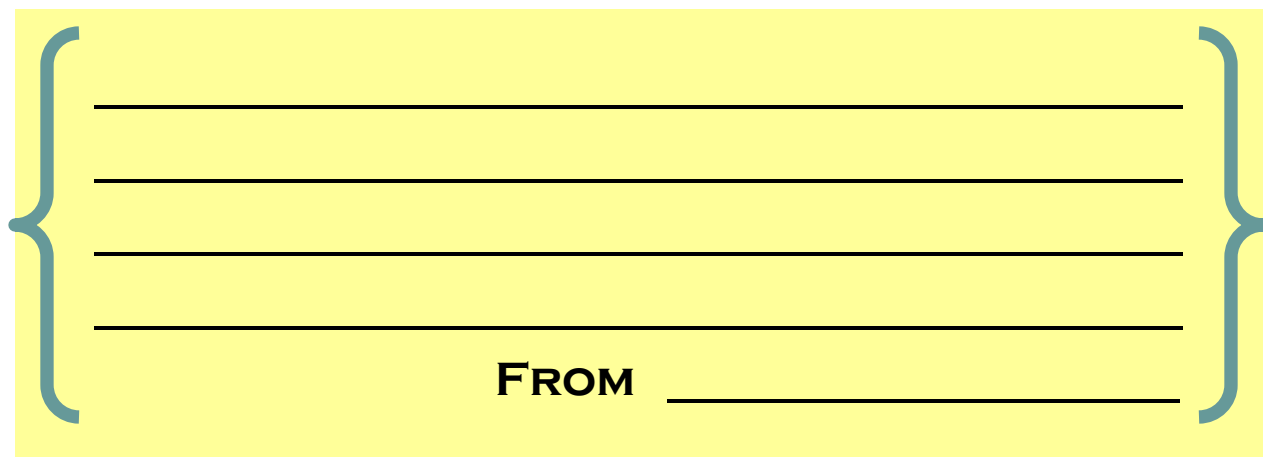
FROM IMPORTANT PEOPLE IN MY LIFE



A yellow rectangular card with a light blue bracket on the left and right sides. It contains four horizontal lines for writing. Below the lines, the word "FROM" is printed, followed by a horizontal line for the sender's name.



A yellow rectangular card with a light blue bracket on the left and right sides. It contains four horizontal lines for writing. Below the lines, the word "FROM" is printed, followed by a horizontal line for the sender's name.



A yellow rectangular card with a light blue bracket on the left and right sides. It contains four horizontal lines for writing. Below the lines, the word "FROM" is printed, followed by a horizontal line for the sender's name.

(Photo)

**A
Special
Day
for
Me!**

The occasion:

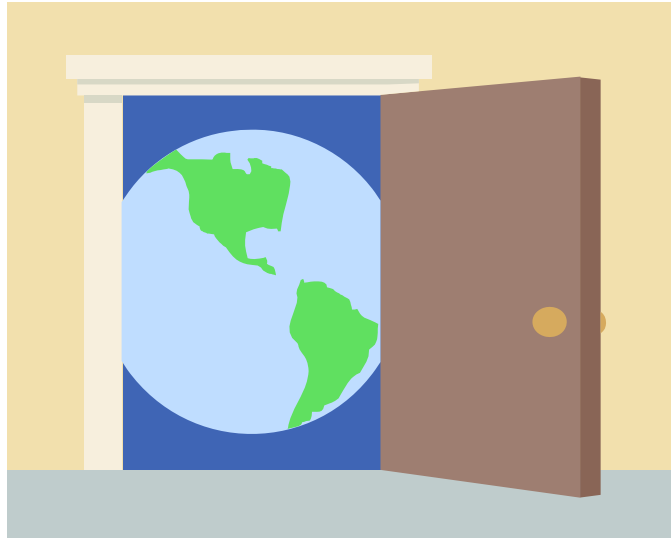
Date:

Place:

Who was there:



Other
Places
Where
I've
Lived



Where I lived:

People I knew:

Fun things I did:

Friends I made:

School I attended:

Sports I Play

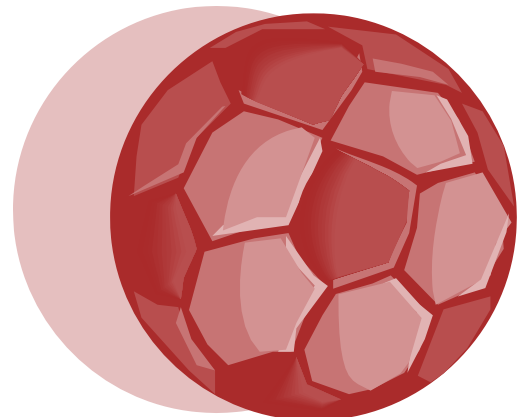
(photo)

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:

Memories



My Memories from



my teen years



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

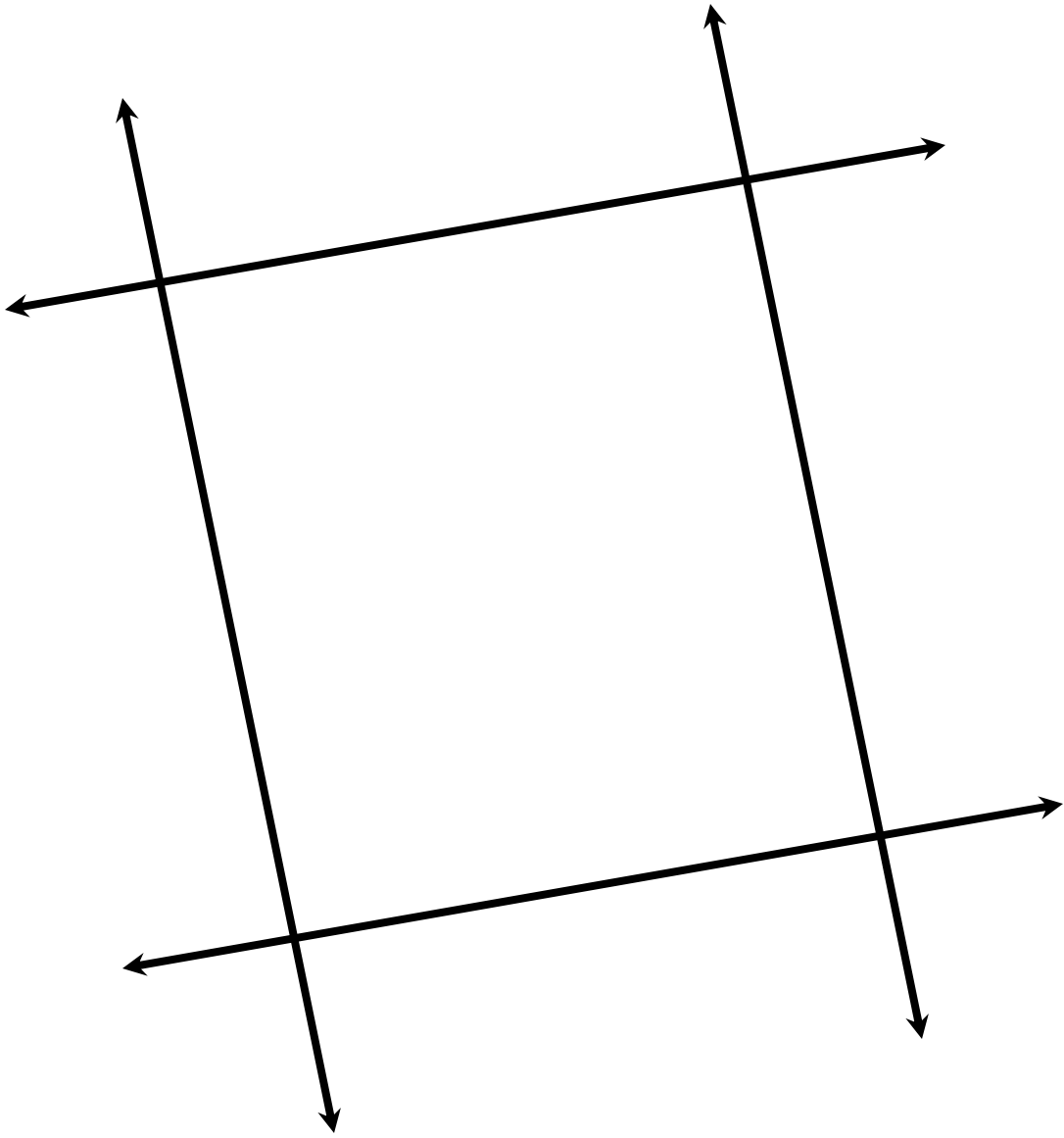
Beautiful

serious

tired

KIND

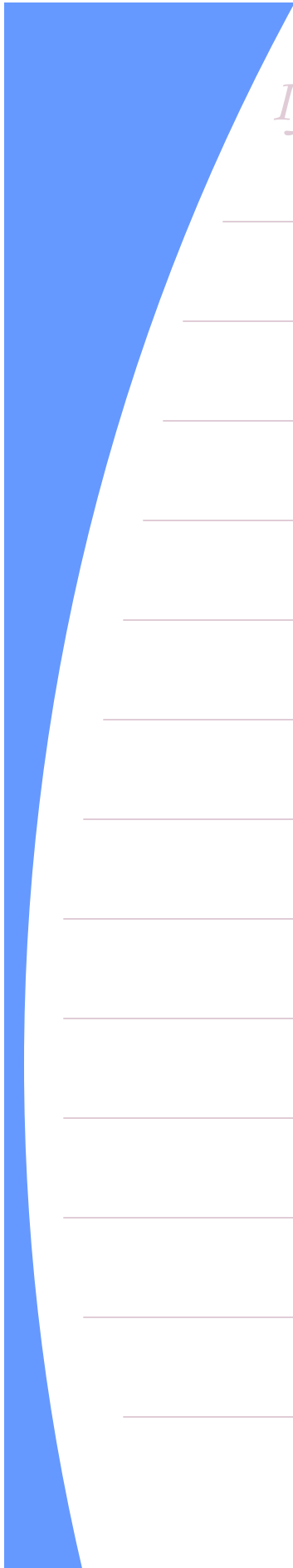
A BIG DAY FOR ME!



Date:

Place:

My thoughts about the day..._____

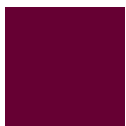


My Thoughts

[illegible]

[illegible]

My thoughts about my family...

[illegible]

My Beliefs

My religion teaches me

My cultural traditions

My religious milestones

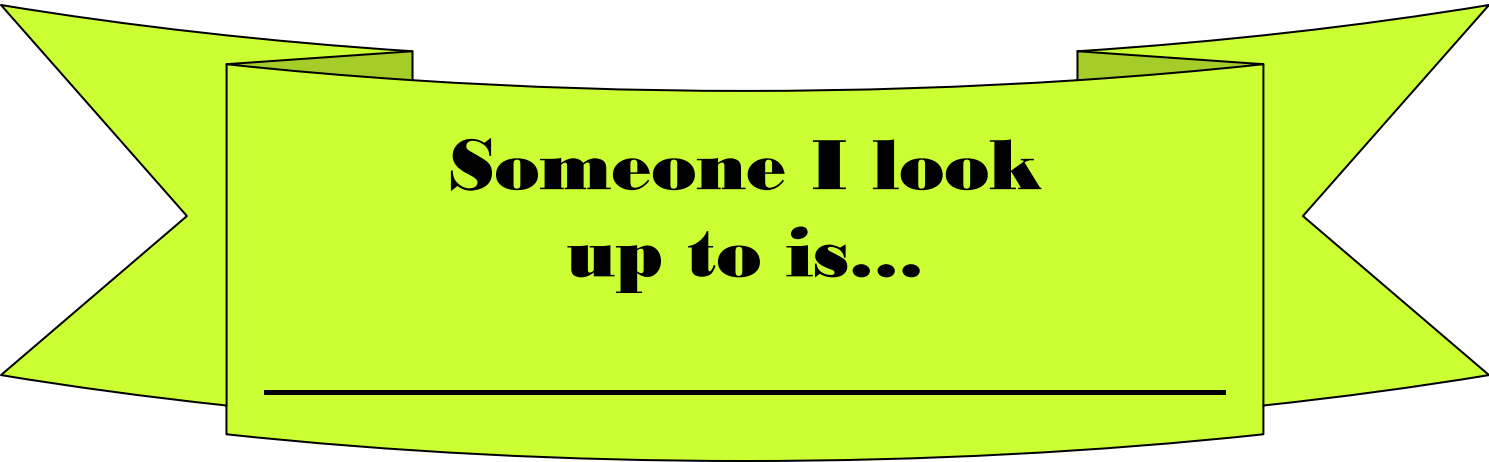
beliefs—faith—religion—spirit—culture—tradition

CHURCH ACTIVITIES

(photo)

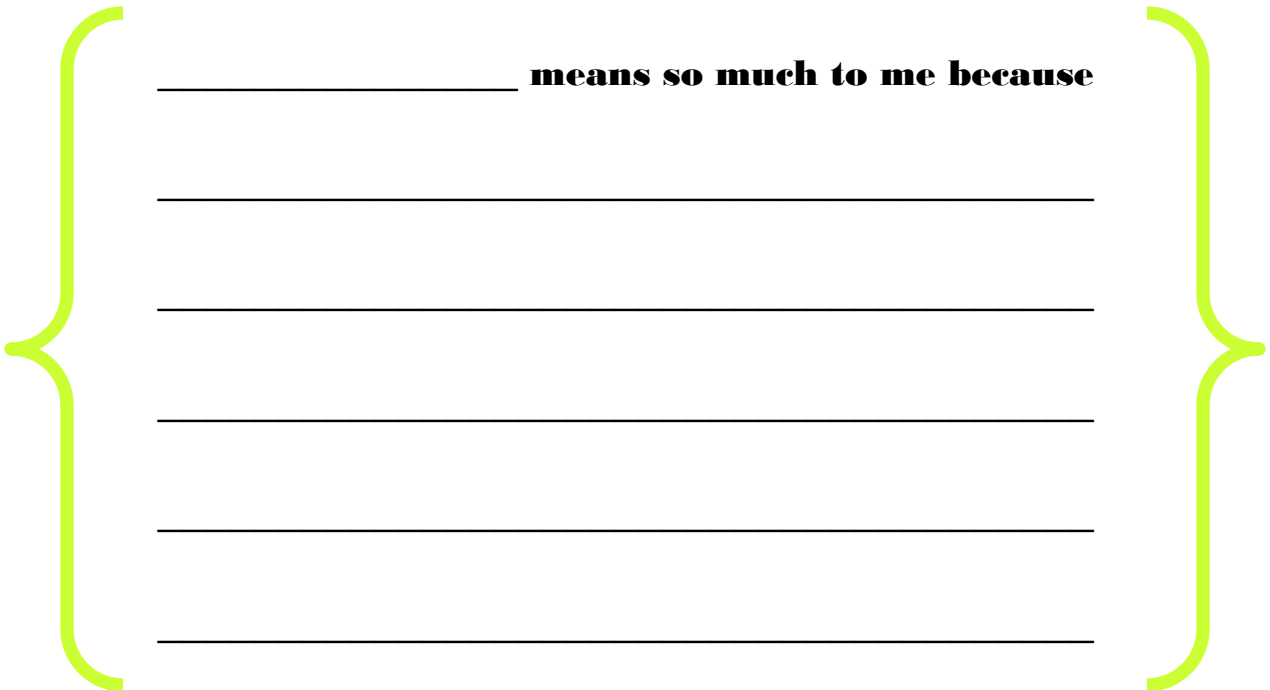
GROUPS I ATTEND

STUFF WE DO



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

(photo)



_____ **means so much to me because**

MY FAVORITE THINGS

Movies

Songs

Hobbies

Books

Colors

TV Shows

Sports

Actors

Foods

Animals

Musicians

Subjects

Board Games

Holidays

Websites

Restaurants

Things I Do

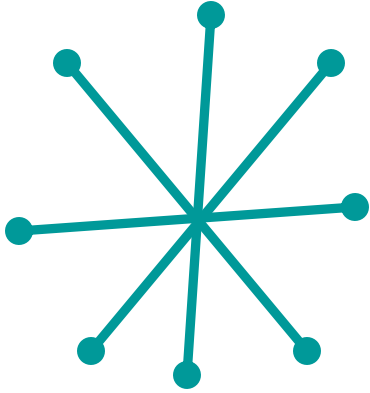
(photo)

good times

Club I Belong To

What We Do

Things I Have Learned



My predictions for the FUTURE...

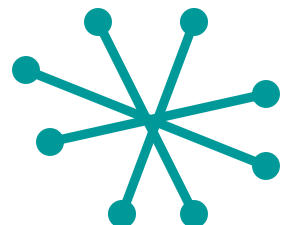
NEW INVENTIONS

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





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



Important People

(Contact Information)

Name

Address

Phone

Email

Name

Address

Phone

Email

Name

Address

Phone

Email

Name

Address

Phone

Email

Name

Address

Phone

Email

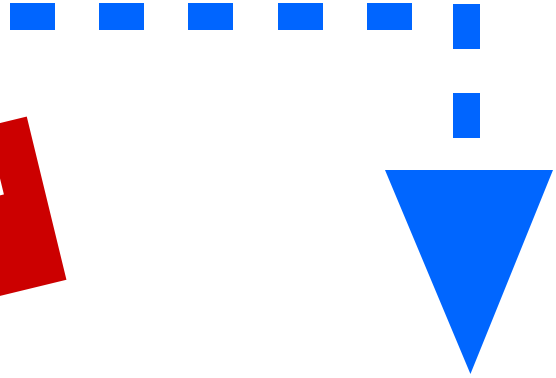
Name

Address

Phone

Email

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. _____



Copy of Court Records

Holiday Memories

Holiday Memories

WINTER

What I like about winter:

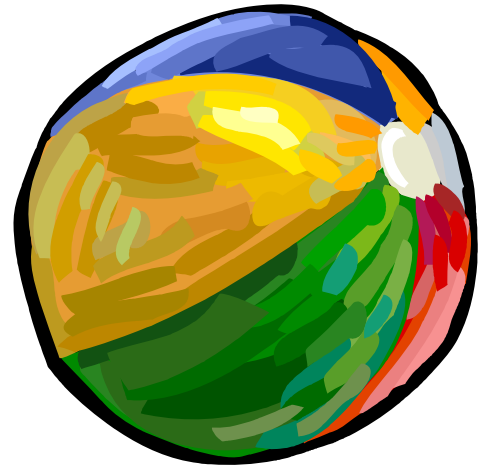


SPRING



What I like about spring:

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:

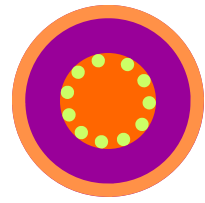
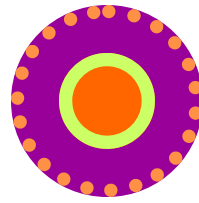
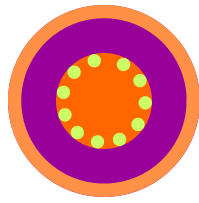
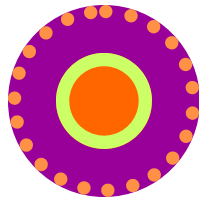
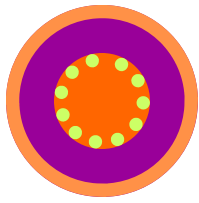


[illegible]

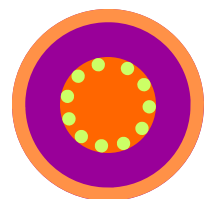
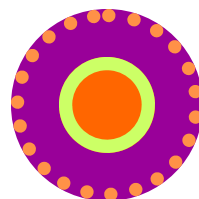
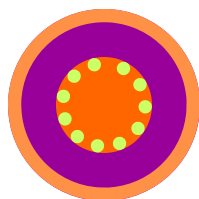
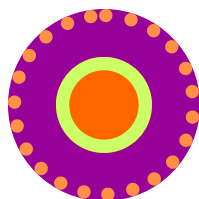
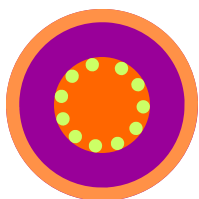
I Grew Up With

Where We Lived

A Special Memory



I Wonder About...



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 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 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

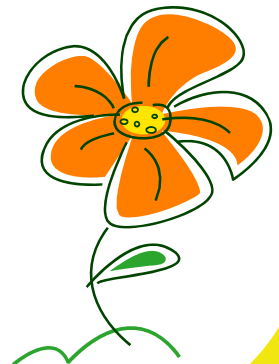
My sister is important to me because _____

I like to _____

_____ with my sister.

Words that describe my sister:

A special memory _____



My Sister

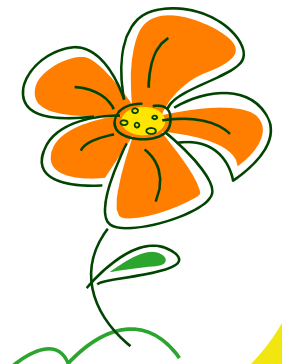
My sister is important to me because _____

I like to _____

_____ with my sister.

Words that describe my sister:

A special memory _____



My Sister

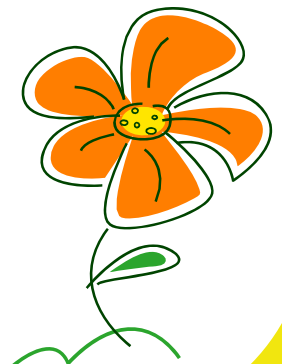
My sister is important to me because _____

I like to _____

_____ with my sister.

Words that describe my sister:

A special memory _____



My Sister

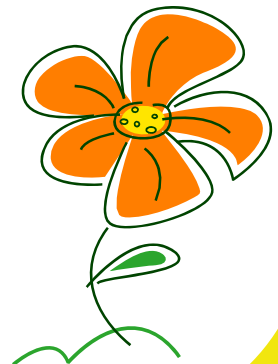
My sister is important to me because _____

I like to _____

_____ with my sister.

Words that describe my sister:

A special memory _____



My Sister

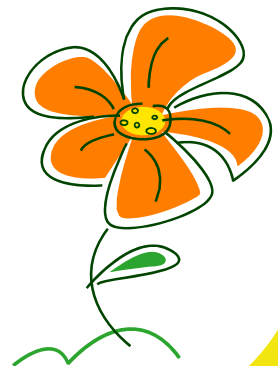
My sister is important to me because _____

I like to _____

_____ with my sister.

Words that describe my sister:

A special memory _____



My Sister

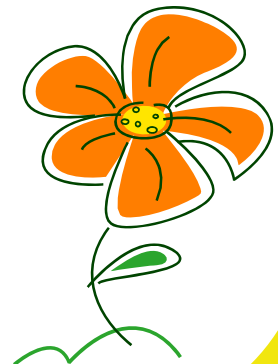
My sister is important to me because _____

I like to _____

_____ with my sister.

Words that describe my sister:

A special memory _____



_____ 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: _____

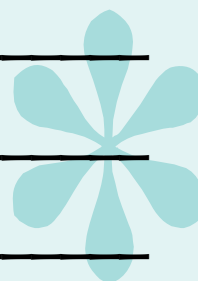
A happy memory: _____

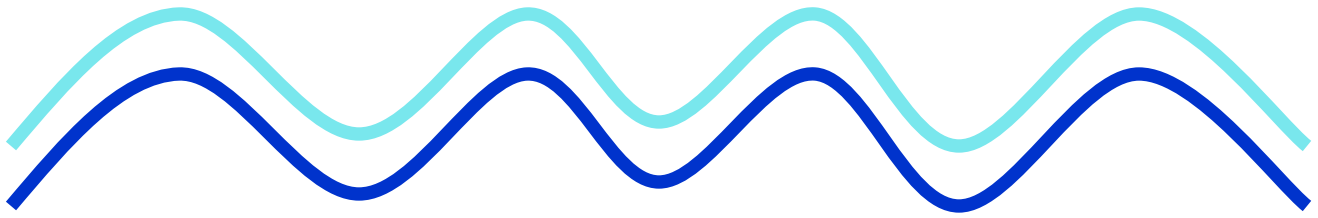


Someone I Care About

is special to me because

A happy memory:





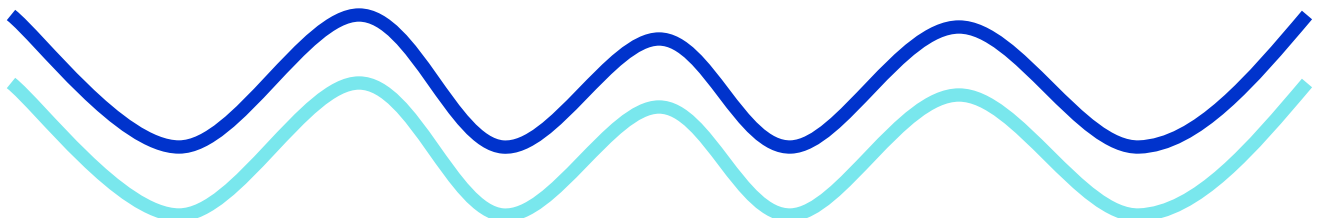
Someone I Lived With That Is Important To Me

Name

When We Lived Together

Where They Live Now

A Special memory



Things I like about him:

What makes him special:

**Someone
like A
Brother
To Me**

A happy memory:

**is like a brother
to me.**

Things I like about her:

What makes her special:

**Someone
Like A
Sister
To Me**

A happy memory:

is like a sister to me.

The Day You Came Home from the Hospital

The date:

Your age:



What you were wearing:

Who picked you up:

How we felt:

The Day You Came To Our Family

The date:

Your age:

Who brought you:

How we felt:



[illegible]

MY BIRTHDAY!!!

(Photo)

All about it:



I am _____ years old!

MY BIRTHDAY!!!

(Photo)

All about it:



I am _____ years old!

MY BIRTHDAY!!!

(Photo)

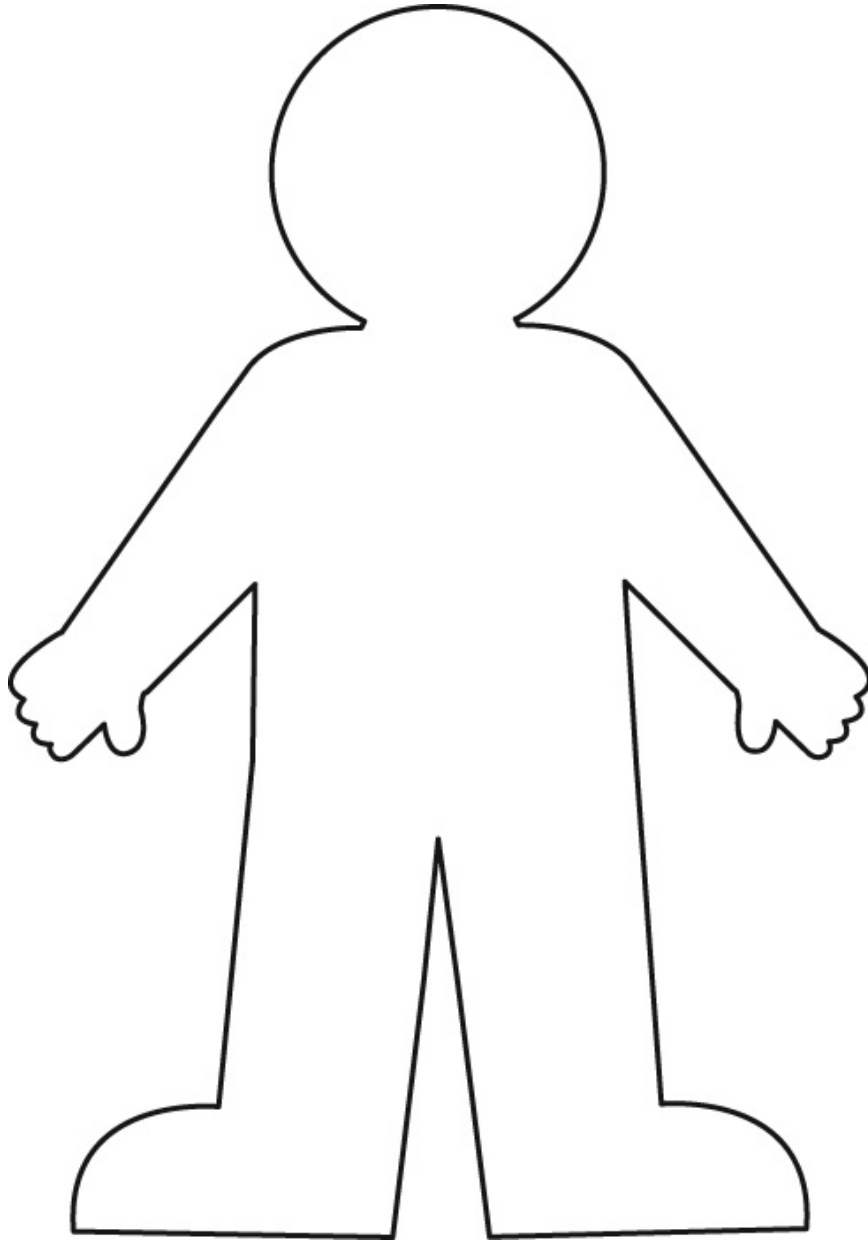
All about it:



I am _____ years old!

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.

It's My ____ Birthday!!

Photo here

How we celebrated: _____

Who attended: _____

Gifts received: _____

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: _____

My Adoption Day

Photo here

Date: _____

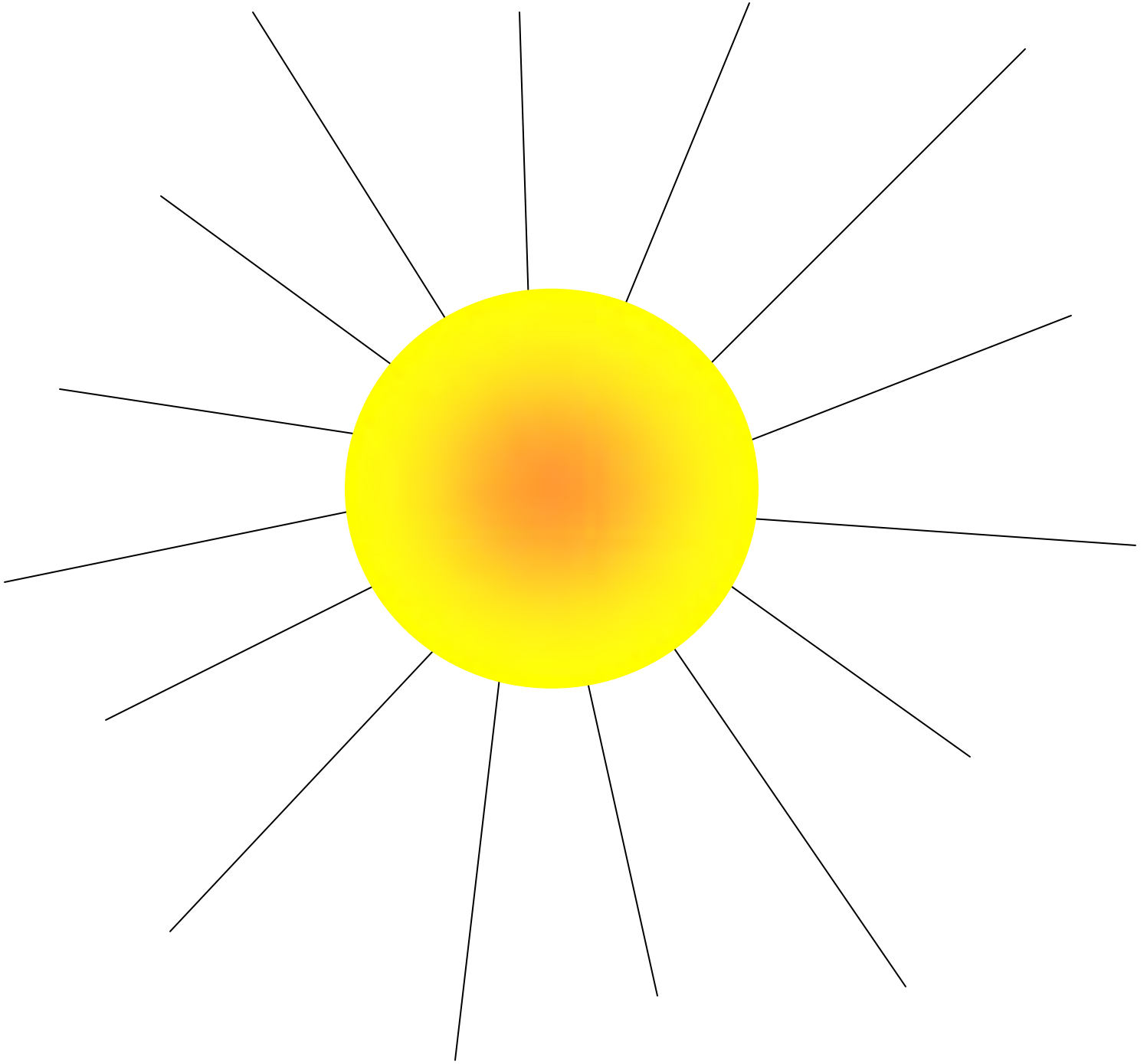
Place: _____

Judge that presided: _____

Important people that attended: _____

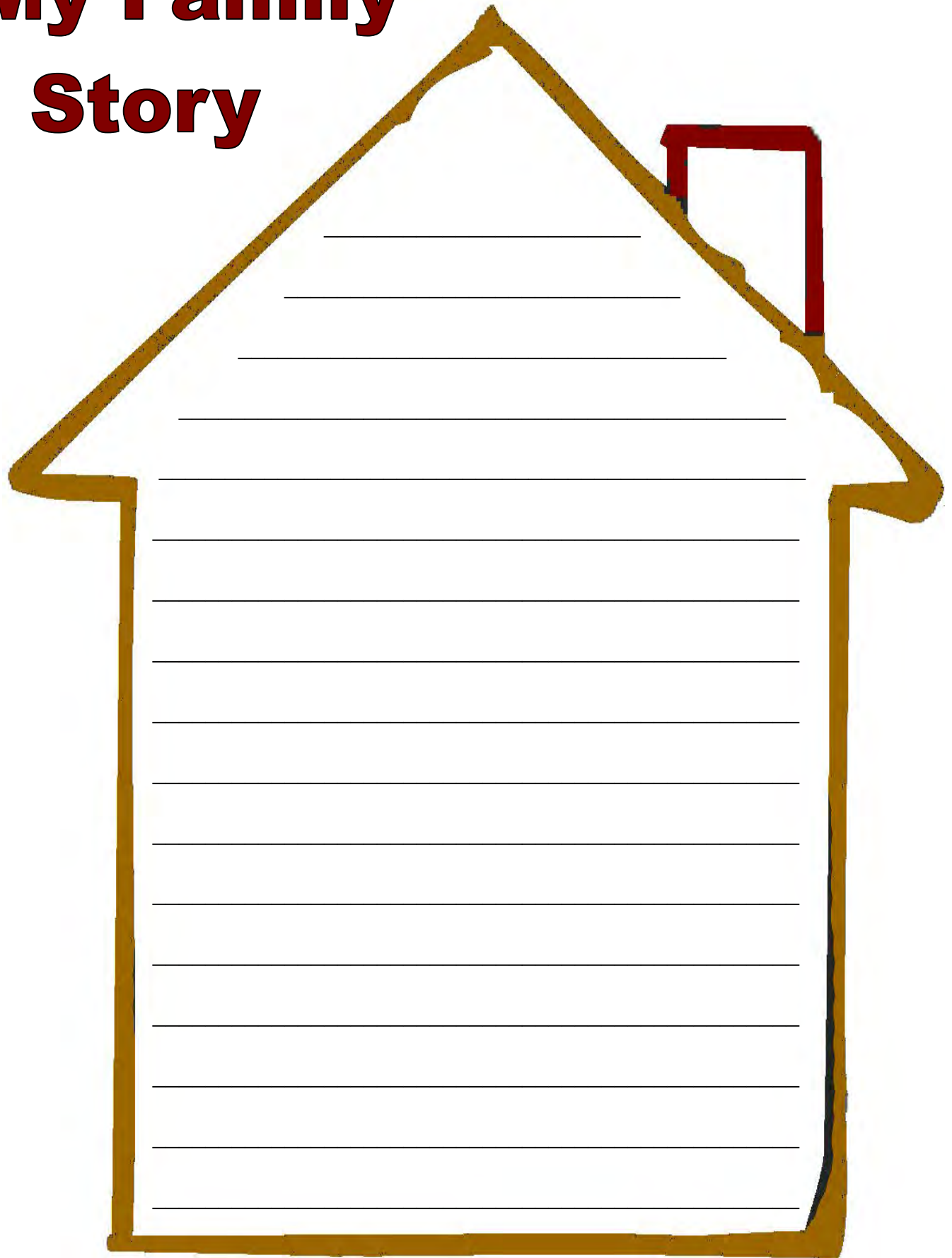
How I felt: _____

Full of Sunshine



Important People Who Make Me Shine

My Family Story



A house-shaped writing template. The house has a brown outline and a red chimney on the right side. The interior of the house is divided into two sections by a horizontal line. The top section, which is the attic, contains four horizontal lines for writing. The bottom section, which is the main body of the house, contains sixteen horizontal lines for writing.

**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

**THINGS I'M
INTERESTED IN**

**THINGS I
DO WELL**

MORE ABOUT ME

THINGS I ENJOY

**THINGS THAT
MAKE ME LAUGH**