MY LIFE BOOK

Insert photo here
My Birth

I was born on [date of birth]
at [time of day]
in [place of birth]

I weighed [weight]
I was [length] long
My Birth Family

My Mothers name

My Fathers name

My Brothers and Sisters names

My Grandparents names
All About Me

My full name is______________________________

I like to be called______________________________

Age _______Height_______Weight_______

Hair Colour___________Eye Colour___________

Words that describe me

_________________________________________

_________________________________________

_________________________________________

I look like this

[Insert Photo Here]

My favorite things

Colour___________Food___________________

People_________________________________

Todays Date___________________________
How Tall am I?

Keep an ongoing record of how tall you are by entering today's date and your height.

6ft
Date:..................Height:..................

5ft
Date:..................Height:..................

4ft
Date:..................Height:..................

3ft
Date:..................Height:..................

2ft
Date:..................Height:..................

1ft
Date:..................Height:..................
My Birthday

My Birthday is on ________________
On my last birthday I was ____ years old

I celebrated my Birthday with

__________________________
__________________________
__________________________
We Did

__________________________
__________________________
__________________________
Presents I had

__________________________
__________________________
__________________________

This is me on my Birthday

Insert Photo Here

Happy Birthday
My School

School __________________________________________

Year:______ Teacher:____________________________

My friends at school are:
__________________________________________
__________________________________________
__________________________________________

My favourite subjects are:
__________________________________________
__________________________________________
__________________________________________

My least favourite subjects are:
__________________________________________
__________________________________________
__________________________________________

Some things I learned this year:
__________________________________________
__________________________________________
__________________________________________

__________________________________________
Things I Like

The things I like the most and the things that make me happy are:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
Things I Don’t Like

The things I don’t like and the things that make me sad are:

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________

__________________________
My Foster Family

I came to live with the ___________________ family
on _______________

Members of the family:

__________________________
__________________________
__________________________
__________________________
__________________________

What I like most about living with the family:

__________________________
__________________________
__________________________
__________________________
__________________________

Where I Live

I came to live at my new home on ________________
The address of my new home is:

________________________________________
________________________________________
________________________________________

The people who live here are:

________________________________________
________________________________________
________________________________________
________________________________________

What I like most about living here:

________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
Holidays

I went on holiday to _________________________
with ______________________________________

The weather was ___________________________

What I did on my holiday
________________________________________
________________________________________
________________________________________
________________________________________

What I liked best about my holiday
________________________________________
________________________________________
________________________________________

Insert a Photo of your holiday Here
Work

I work / worked for _____________________________

My job title is / was _____________________________

I started my job on _____________ Until _______

What my job involved

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What I liked best about my job

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What I didn't like about my job

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Why I am not living with my birth family
Visits with my birth family

Date

Date

Date
Milestones

Make a note below of big events that have happened in your life

The first time i

____________________________________
____________________________________
____________________________________
____________________________________
____________________________________

The first time i

____________________________________
____________________________________
____________________________________
____________________________________
____________________________________

The first time i

____________________________________
____________________________________
____________________________________
____________________________________
____________________________________

The first time i

____________________________________
____________________________________
____________________________________
____________________________________
Health Records

Make a note below of medical events that have happened in your life

Date________________
Event______________________________________

Date________________
Event______________________________________

Date________________
Event______________________________________

Date________________
Event______________________________________

Date________________
Event______________________________________

Date________________
Event______________________________________
Hopes and Dreams for the Future

In the future I would like to work as a

In the future I would like to go to

My wishes for the future are


Awards and Certificates

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________