

A photograph of a sunset over a beach. The sun is low on the horizon, creating a warm, golden glow. Waves are breaking on the left side of the frame. In the foreground, a footprint is visible in the sand. The overall mood is peaceful and reflective.

My Life Story

A brief autobiography

Tips for creating your autobiography:

- This booklet is designed to create a simple biography (a description of someone's life) that can be completed easily. Spaces are provided throughout to add more thoughts if you wish.
 - The biography follows a chronological timeline, but feel free to skip to sections that are easiest to remember or most interesting to you.
 - If you are seriously ill, consider starting with pages 11–13. Thinking about your overall outlook on life and giving advice to loved ones can be a great place to begin.
- If there is not enough space in this booklet to say all you want to say, consider using it as a template to start a more in-depth biography.
 - Write your answers in a notebook, type them, or make a recording.
 - Search online for more life interview questions, like this list from legacyproject.org: <https://legacyproject.org/guides/lifeintquestions.pdf>
- Spaces to attach photos are provided wherever you see the three asterisks: * * *
If you have a photo to add, print a copy, trim it to size, and glue or tape it over the asterisks.
- To keep this biography simple, the prompts follow basic family structures and milestones many people share. Some people may have much more complex relationships and life experiences. If the prompts do not relate to your story, consider the following tips:
 - Skip items that do not apply or that you prefer not to share.
 - Use the "Is there something else you want to share..." sections to describe your experience.
 - Consider gluing or taping clippings, photos, or blank pieces of paper with your own words/favorite quotes/drawings over sections that do not apply.
 - Write more about your unique family structure, relationships, milestones, life experiences, etc., in the "Afterword" on pages 15–18.
- If you cannot complete this yourself, ask a friend, family member, or caregiver for help. Friends and family can also complete this booklet for their loved one to honor and remember them. If you complete this booklet for someone else, do your best to write answers as the person would have.

If you or your loved ones have questions or need support,
please do not hesitate to contact us.

☎ (000) 000-0000

✉ info@domain.com

B&W
LOGO HERE

My Life Story

A brief autobiography

By: _____
FIRST, MIDDLE, LAST NAME

Today's date: _____

* * *

Name of person(s) helping complete this booklet, if applicable:

Once completed, *My Life Story* can be photocopied to share with friends, family, and loved ones.

Please note this booklet may not be reproduced for any other reason without the permission of the publisher.

My Beginning

My given name is _____
YOUR FIRST, LAST / MAIDEN NAME

I prefer to be called _____
YOUR PREFERRED NAME OR NICKNAME

I was born in _____
YOUR PLACE OF BIRTH: CITY, STATE, AND / OR COUNTRY

My birthday is _____
YOUR BIRTHDAY MONTH DAY, YEAR

My parents are _____
YOUR MOTHER'S FIRST, MAIDEN NAME AND FATHER'S FIRST, LAST NAME

* * *

IS THERE SOMETHING ELSE YOU WANT TO SHARE ABOUT YOUR BIRTH?

My Parents

My mother was from _____.
CITY, STATE, OR COUNTRY WHERE YOUR MOTHER WAS BORN

She was _____

DESCRIBE YOUR MOTHER IN A FEW WORDS

My father was from _____.
CITY, STATE, OR COUNTRY WHERE YOUR FATHER WAS BORN

He was _____

DESCRIBE YOUR FATHER IN A FEW WORDS

* * *

IS THERE SOMETHING ELSE YOU WANT TO SHARE ABOUT YOUR PARENTS (OR THE PEOPLE WHO RAISED YOU)?

My Grandparents

My grandparents on my mother's side are _____

NAMES OF YOUR MOTHER'S PARENTS

and they were from _____.

CITY, STATE, OR COUNTRY THEY ARE FROM

My grandparents on my father's side are _____

NAMES OF YOUR FATHER'S PARENTS

and they were from _____.

CITY, STATE, OR COUNTRY THEY ARE FROM

* * *

IS THERE SOMETHING ELSE YOU WANT TO SHARE ABOUT YOUR GRANDPARENTS?

My Childhood

I have _____ siblings. Their names are _____
OF SIBLINGS

FIRST NAMES OF YOUR SIBLINGS

We grew up in _____
YOUR CHILDHOOD CITY, STATE, AND / OR COUNTRY

We lived in a _____-room _____
OF ROOMS TYPE OF HOME (A HOUSE, AN APARTMENT, ETC.)

Other family members who were a big part of my childhood were:

LIST NAMES OF IMPORTANT EXTENDED FAMILY MEMBERS, SUCH AS AUNTS, UNCLES, COUSINS, ETC.

* * *

My favorite childhood pet was a _____
TYPE OF PET

named _____
NAME OF PET

My childhood best friends were _____
NAMES OF YOUR CHILDHOOD BEST FRIENDS

Overall, I thought my childhood was _____
BRIEFLY DESCRIBE YOUR CHILDHOOD

* * *

IS THERE SOMETHING ELSE YOU WANT TO SHARE ABOUT YOUR CHILDHOOD?

My School Years

As a child/teen, I went to school at _____

NAMES AND LOCATIONS OF YOUR ELEMENTARY, MIDDLE, AND / OR HIGH SCHOOLS

After high school, I _____

EXAMPLES: WENT TO COLLEGE OR TRADE SCHOOL, JOINED THE MILITARY, WENT TO WORK, ETC.

* * *

IS THERE SOMETHING ELSE YOU WANT TO SHARE ABOUT YOUR SCHOOL YEARS?

My Adulthood

After I completed my education, I _____

EXAMPLES: GOT MARRIED, STARTED A FAMILY, STARTED A BUSINESS, WORKED ON CAREER, ETC.

My favorite job was _____

YOUR FAVORITE JOB, POSITION, AND / OR COMPANY

I started when I was _____ years old, and I was there for _____
AGE YOU GOT JOB # YEARS AT JOB

years. It was my favorite job because _____

BRIEFLY DESCRIBE WHAT YOU LIKED BEST ABOUT THIS JOB

My achievements include _____

ACHIEVEMENTS OR AWARDS YOU RECEIVED THROUGHOUT YOUR ADULTHOOD

IS THERE SOMETHING ELSE YOU WANT TO SHARE ABOUT YOUR ADULTHOOD?

My Family

I met _____
YOUR SPOUSE'S / PARTNER'S FIRST, LAST / MAIDEN NAME

in _____. We met _____
YEAR YOU MET

PLACE WHERE- OR CIRCUMSTANCES UNDER WHICH YOU MET

We _____
GOT MARRIED / COMMITTED TO EACH OTHER / SETTLED DOWN TOGETHER / ETC.

in _____
PLACE OF MARRIAGE / COMMITMENT

on _____
DATE OF COMMITMENT

_____ was _____
SPOUSE'S / PARTNER'S FIRST NAME

BRIEFLY DESCRIBE YOUR SPOUSE / PARTNER

* * *

We had _____ child/ren. Their names and ages are _____
OF CHILDREN

FIRST NAMES OF YOUR CHILDREN AND THEIR CURRENT AGES

Being a parent was _____
BRIEFLY DESCRIBE HOW YOU FELT RAISING KIDS

Our family pets were _____
NAMES AND TYPES OF PETS

I have _____ grandchild/ren. Their names and ages are _____
OF GRANDKIDS

FIRST NAMES OF YOUR GRANDCHILDREN AND THEIR CURRENT AGES

* * *

IS THERE SOMETHING ELSE YOU WANT TO SHARE ABOUT YOUR FAMILY?

My Passions & Hobbies

My pastimes include _____

MAKE A BRIEF LIST OF YOUR FAVORITE HOBBIES AND PASSIONS, PAST OR PRESENT

but my favorite pastime was _____
YOUR FAVORITE PASTIME

I started my favorite pastime when I was _____ years old.
AGE YOU STARTED

I loved doing it because _____

BRIEFLY DESCRIBE WHY IT'S YOUR FAVORITE PASTIME

* * *

IS THERE SOMETHING ELSE YOU WANT TO SHARE ABOUT YOUR PASSIONS AND HOBBIES?

My Life in Review

The best time of my life was _____

BRIEFLY DESCRIBE THE BEST TIME OF YOUR LIFE

The greatest achievement of my life was _____

BRIEFLY DESCRIBE YOUR BIGGEST ACHIEVEMENT

If there was one thing I regret most, it was _____

BRIEFLY DESCRIBE YOUR BIGGEST REGRET

Overall, my life was _____

BRIEFLY DESCRIBE HOW YOU FEEL ABOUT LIFE IN GENERAL

For My Loved Ones

I want loved ones to remember that I was _____

DESCRIBE YOURSELF IN A FEW WORDS

The best advice I can give my loved ones is _____

LIST A FEW WORDS OF WISDOM FOR LOVED ONES

* * *

Epilogue

In conclusion, I want my loved ones to know _____

WHAT ARE YOUR CLOSING THOUGHTS FOR FAMILY, FRIENDS, AND LOVED ONES?

Thank you for being part of my life story.

Love,

SIGN YOUR FIRST NAME ONLY

*“Gratitude makes sense of our past,
brings peace for today, and creates a
vision for tomorrow.”*

—MELODY BEATTIE

Afterword

IS THERE MORE YOU WOULD LIKE TO SHARE? USE THE NEXT FEW PAGES TO ADD ANYTHING ELSE YOU WISH. YOU COULD WRITE ABOUT A SPECIAL MEMORY, EVENT, OR PERSON; WRITE ABOUT BIG MILESTONES OR FIRSTS IN YOUR LIFE; WRITE MORE THOUGHTS ABOUT YOUR UNIQUE LIFE EXPERIENCES, RELATIONSHIPS, SPIRITUALITY, OR CULTURAL JOURNEY; WRITE NOTES TO LOVED ONES FOR THE FUTURE; OR ADD MORE PHOTOS, PICTURES, DRAWINGS, ETC.

SAMPLE

*"To live in the hearts
we leave behind is to live forever."*

—CARL SAGAN

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*"Memory is the diary that we all
carry about with us."*

—OSCAR WILDE

*“Enjoy the little things,
for one day you may look back and
realize they were the big things.”*

—ROBERT BRAULT

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Published by Quality of Life Publishing Co.
Naples, Florida

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