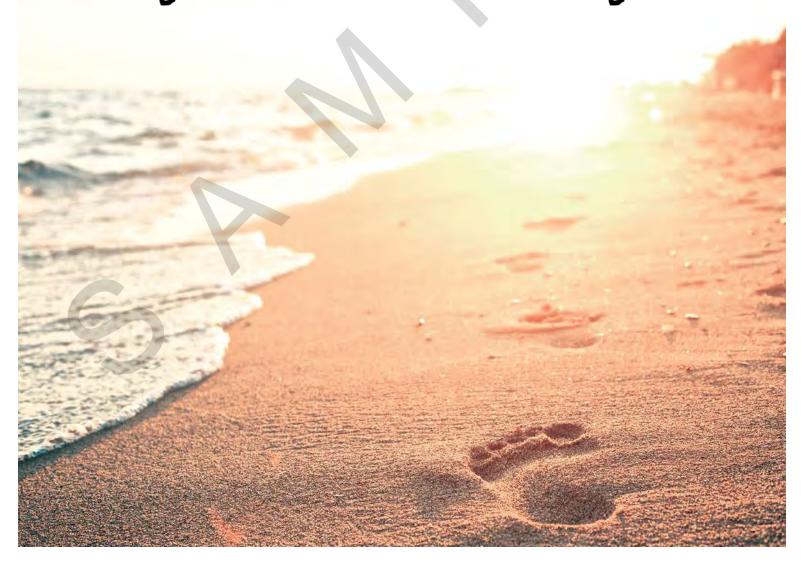
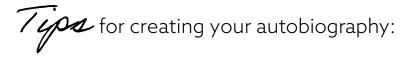
My Life Story A brief autobiography





- 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/lifeintguestions.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.

𝗞 (000) 000-0000

🖾 info@domain.com

B&W LOGO HERE

My Life Story A brief autobiography

Ву:		
	FIRST, MIDDLE, LAST NAME	
	Today's date:	
5	* * *	



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
, , _	YOUR BIRTHDAY MONTH DAY, YEAR
My parents are	
YOUR MOTHER'S	FIRST, MAIDEN NAME AND FATHER'S FIRST, LAST NAME
	* * *
IS THERE SOMET	'HING ELSE YOU WANT TO SHARE ABOUT YOUR BIRTH?

My Parents	
0	
My mother was from	
My mother was from _	CITY, STATE, OR COUNTRY WHERE YOUR MOTHER WAS BORN
She was	
DESC	CRIBE YOUR MOTHER IN A FEW WORDS
My father was from _	CITY, STATE, OR COUNTRY WHERE YOUR FATHER WAS BORN
He was	
DESC	CRIBE YOUR FATHER IN A FEW WORDS
	* * *
0	
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
	NAMES OF FOUR 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
	* * *
0	
IS THERE SOMETHING	S ELSE YOU WANT TO SHARE ABOUT YOUR GRANDPARENTS?

My Childhood

I have siblings. Their names are
FIRST NAMES OF YOUR SIBLINGS
We grow up in
We grew up in YOUR CHILDHOOD CITY, STATE, AND / OR COUNTRY
We lived in aroom
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 favori	te childhood pet was a
	te childhood pet was a
named	
	NAME OF PET
My childh	nood best friends were
ry crinar	
	NAMES OF YOUR CHILDHOOD BEST FRIENDS
Querall I	thought my childhood was
	BRIEFLY DESCRIBE YOUR CHILDHOOD
	* * *
	IS THERE SOMETHING ELSE YOU WANT TO SHARE ABOUT YOUR CHILDHOOD?

My School Gears

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

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 JOE years. It was my favorite job because BRIEFLY DESCRIBE WHAT YOU LIKED BEST ABOUT THIS JOB	After I completed my education I	
My favorite job was YOUR FAVORITE JOB, POSITION, AND / OR COMPANY I started when I wasyears old, and I was there for AGE YOU GOT JOB # YEARS AT JOE years. It was my favorite job because BRIEFLY DESCRIBE WHAT YOU LIKED BEST ABOUT THIS JOB My achievements include	Arter i completed my education, i	
YOUR FAVORITE JOB, POSITION, AND / OR COMPANY I started when I wasyears old, and I was there for AGE YOU GOT JOB # YEARS AT JOE years. It was my favorite job because BRIEFLY DESCRIBE WHAT YOU LIKED BEST ABOUT THIS JOB My achievements include	EXAMPLES: GOT MARRIED, STARTED A FAMILY, STA	• ARTED A BUSINESS, WORKED ON CAREER, ETC.
I started when I was years old, and I was there for AGE YOU GOT JOB # YEARS AT JOE years. It was my favorite job because BRIEFLY DESCRIBE WHAT YOU LIKED BEST ABOUT THIS JOB My achievements include		
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 JOE years. It was my favorite job because BRIEFLY DESCRIBE WHAT YOU LIKED BEST ABOUT THIS JOB My achievements include	My favorite job was	
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BRIEFLY DESCRIBE WHAT YOU LIKED BEST ABOUT THIS JOB My achievements include	vears. It was my favorite job because	e
My achievements include		C
	BRIEFLY DESCRIBE WHAT YOU L	.IKED BEST ABOUT THIS JOB
ACHIEVEMENTS OR AWARDS YOU RECEIVED THROUGHOUT YOUR ADULTHOOD	My achievements include	
ACHIEVEMENTS OR AWARDS YOU RECEIVED THROUGHOUT YOUR ADULTHOOD		
	ACHIEVEMENTS OR AWARDS YOU RECEIVE	ED THROUGHOUT YOUR ADULTHOOD
IS THERE SOMETHING ELSE YOU WANT TO SHARE ABOUT YOUR ADULTHOOD?	IS THERE SOMETHING ELSE YOU WANT TO) SHARE ABOUT YOUR ADULTHOOD?

My Family

Imet	
YOUR SPOUSE'S / PARTNER'S FIRST, LAST / MAIDEN NAME	
in We met	
YEAR YOU MET	
	·
PLACE WHERE- OR CIRCUMSTANCES UNDER WHICH YOU MET	
We	
in	•
PLACE OF MARRIAGE / COMMITMENT	
DATE OF COMMITMENT	
W25	
Was Spouse's / partner's first name	
BRIEFLY DESCRIBE YOUR SPOUSE / PARTNER	•
* * *	

	child/ren. Their names and ages are
# OF CH	HILDREN
	FIRST NAMES OF YOUR CHILDREN AND THEIR CURRENT AGES
Being a pare	nt was BRIEFLY DESCRIBE HOW YOU FELT RAISING KIDS
	BRIEFLY DESCRIBE HOW YOU FELT RAISING KIDS
Our family p	ets were
	NAMES AND TYPES OF PETS
I have # OF GRAN	grandchild/ren. Their names and ages are
	FIRST NAMES OF YOUR GRANDCHILDREN AND THEIR CURRENT AGES
	* * *
0	
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

* * *

Filogue

ı concl	usion, 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.
0	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.



"To live in the hearts we leave behind is to live forever." -CARL SAGAN

"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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