

# Life story template

## Instructions

You can either print this out as a booklet or, better still put them in a loose leaf photograph album.

Adapt this template to include photographs and drawings. Use the headings suggested below as prompts to planning what you would like to include and what is relevant to you/the person you are helping to create a Life Story – you don't need to use them all.

Delete anything that is not relevant.

## My life story

Name:

---

I was born on:

---

I was born in:

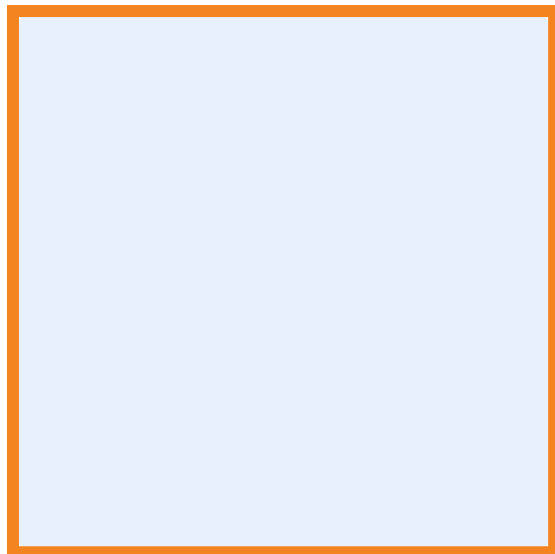
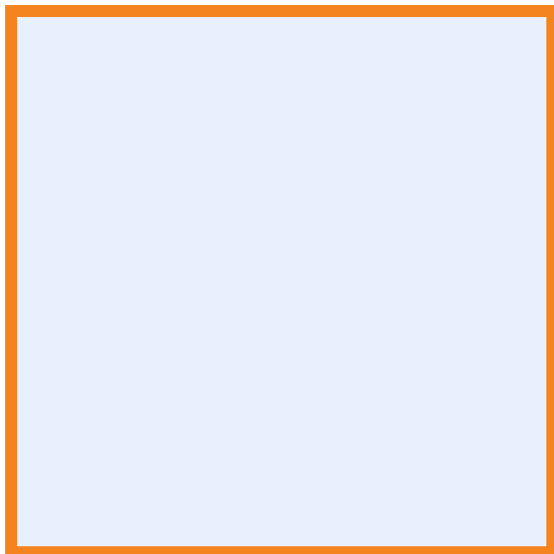
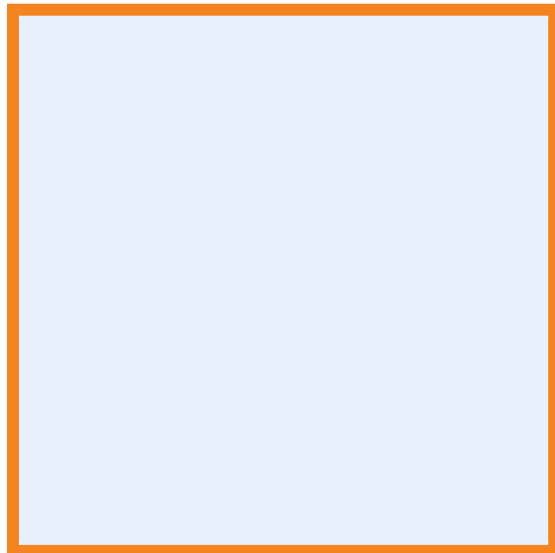
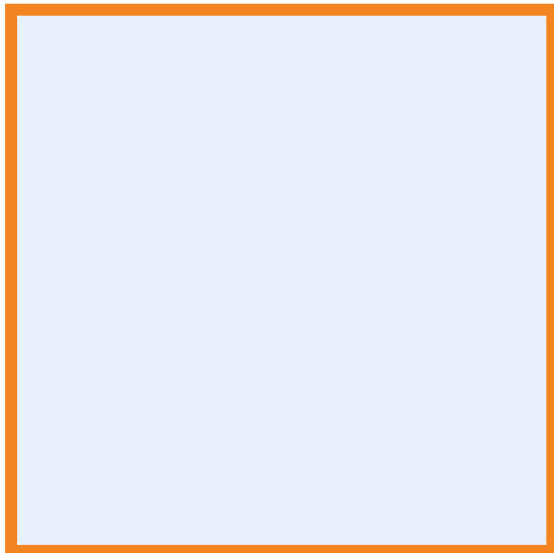
---

I have lived in:

---

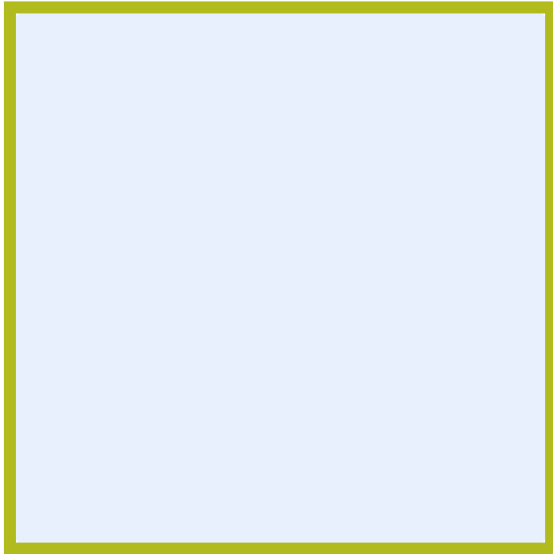
## Photographs of me

(click and choose photographs to include – this may be doing different things or at different times during your life. Add a note below the photographs to explain. Delete any unused boxes).



# My family and friends

My husband's/wife's name: \_\_\_\_\_



We got married on: \_\_\_\_\_

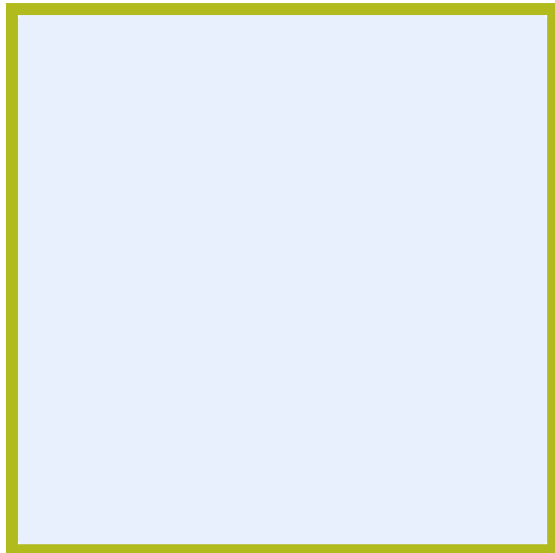
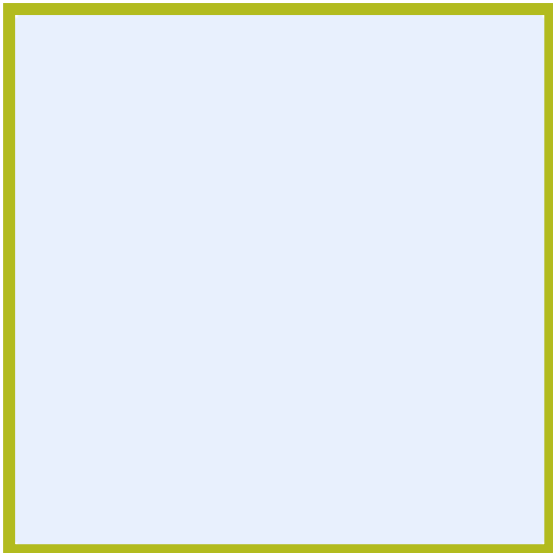
We got married in: \_\_\_\_\_

We lived in: \_\_\_\_\_

## My parents

Mom's name: \_\_\_\_\_

Dad's name: \_\_\_\_\_



**My brothers and sisters**

Brothers' names:

Sisters' names:

---

---

---

---

--	--

--	--

--	--

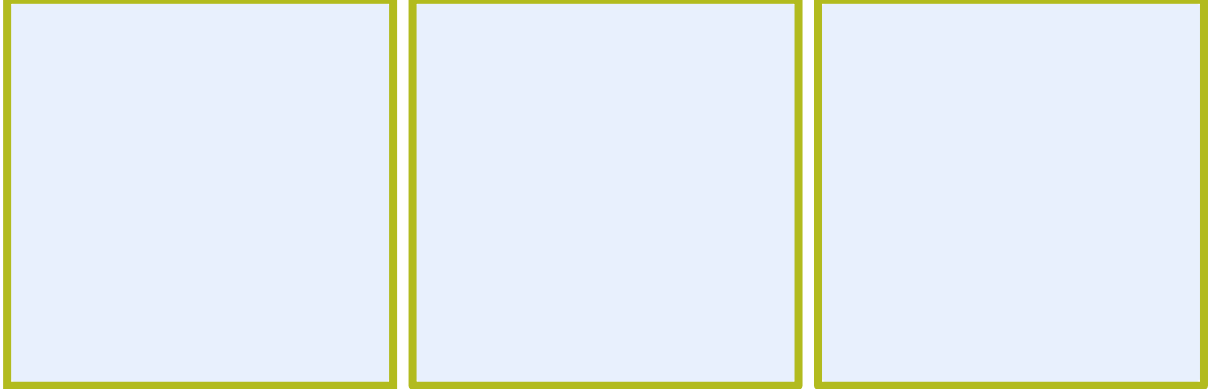
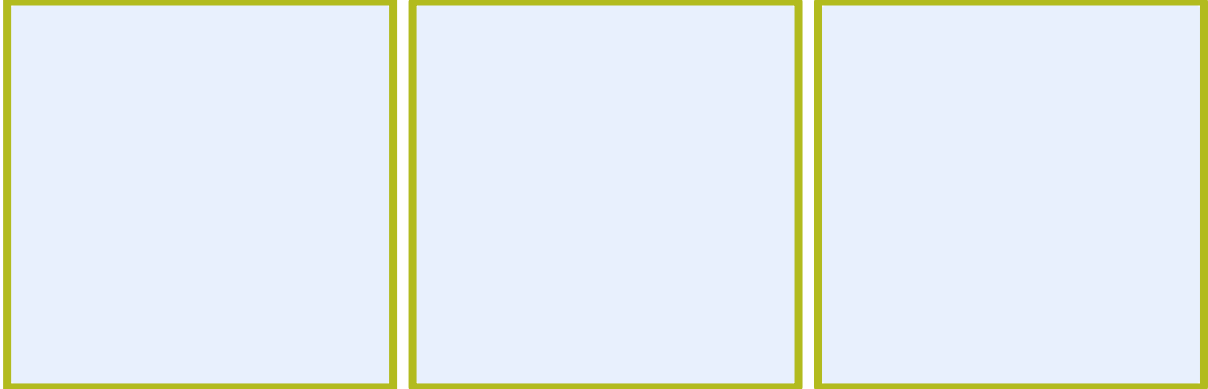
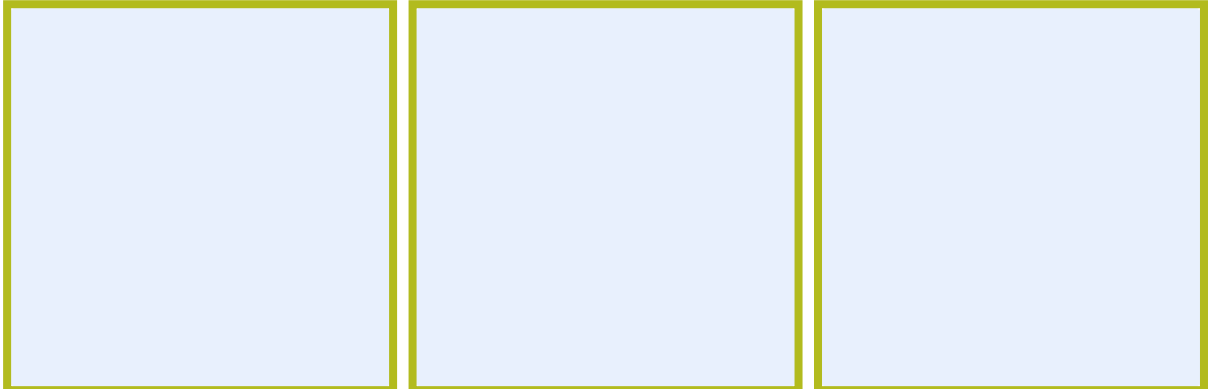
**My children**

Children's names:



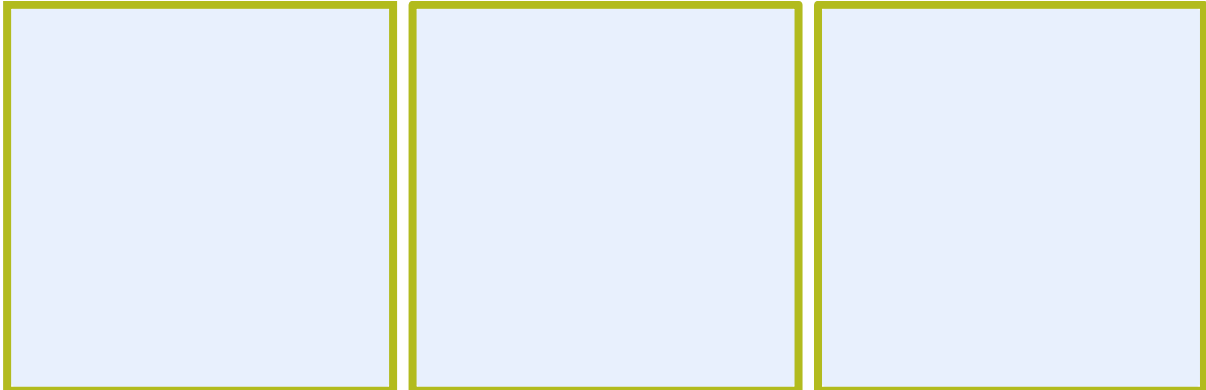
# My grandchildren

Grandchildren's names:

# My great grandchildren

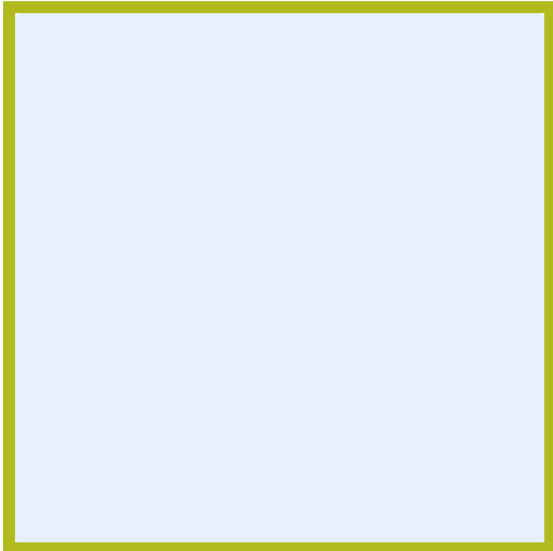
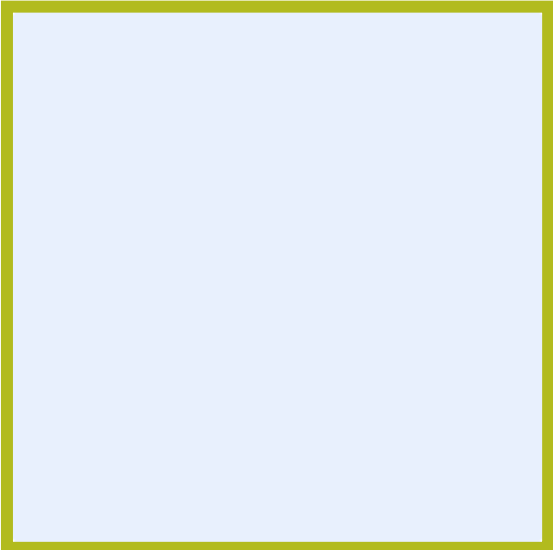
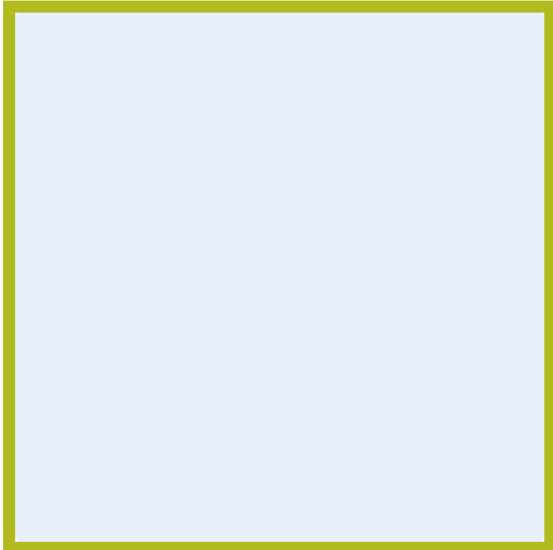
Great grandchildren's names:

# Significant people in my life

Name:

Who they are:



# My likes and dislikes

## People

Name:

Who they are:


--	--	--

## Pets

Name:

Type of pet:


--	--	--

**Social activities**

Things I like doing:

Things I do not like doing:


**Food**

Foods I like:

Foods I dislike:


**Drink**

Drinks I like:

Drinks I dislike:


## Music

Music I like:

Music I dislike:


## Films/TV programmes

Films/TV programmes I like:

Films/TV programmes dislike:


## When you are upset, do you:

Like to be given a hug?

---

Prefer to be left alone?

---

Other

---

# My early years

## Important people

Name:

Who they are:


--	--	--

## Pets

Name:

Type of pet:


--	--	--

## Childhood memories

My memories from my childhood:

---

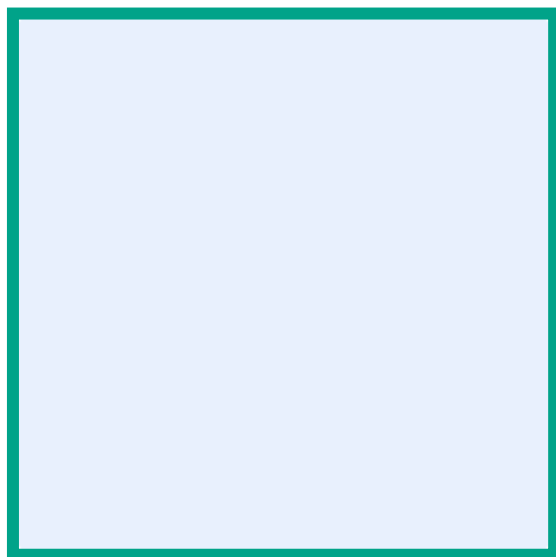
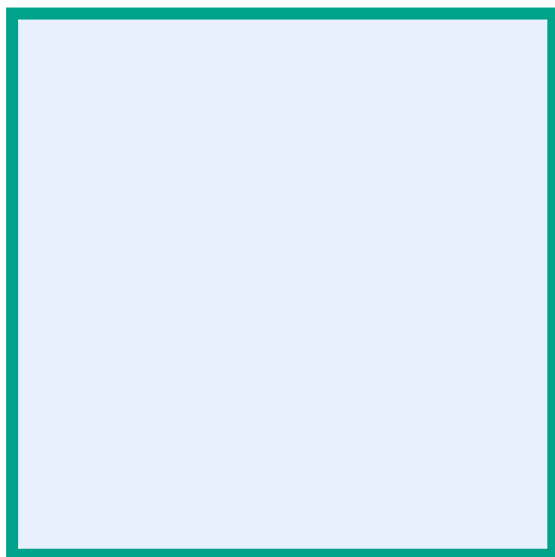
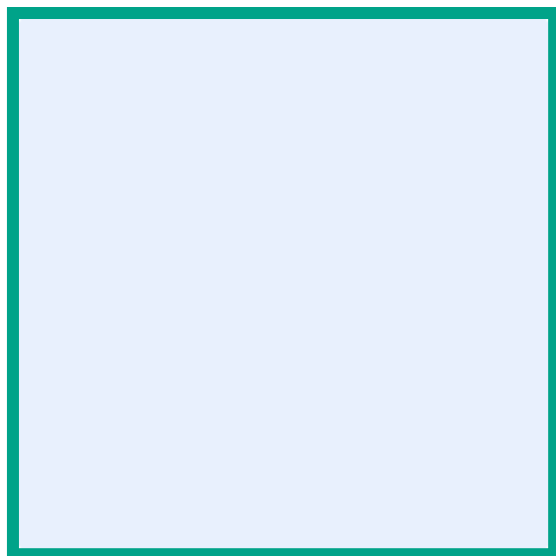
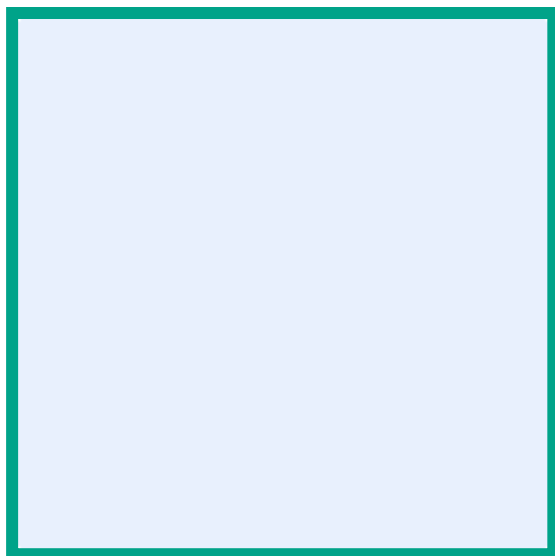
---

---

---

---

---



# Childhood holidays

My favorite holidays as a child:

---

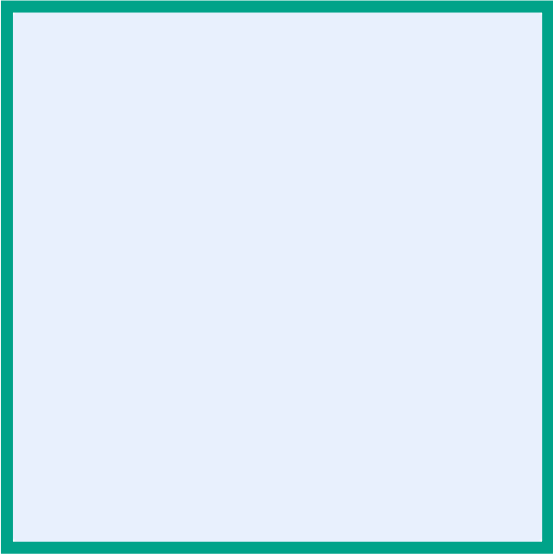
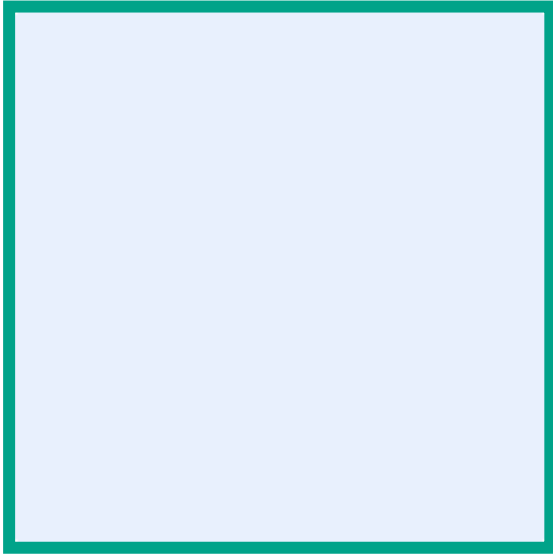
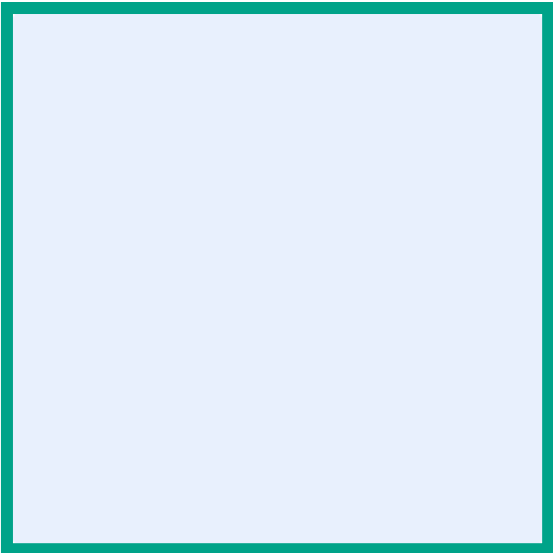
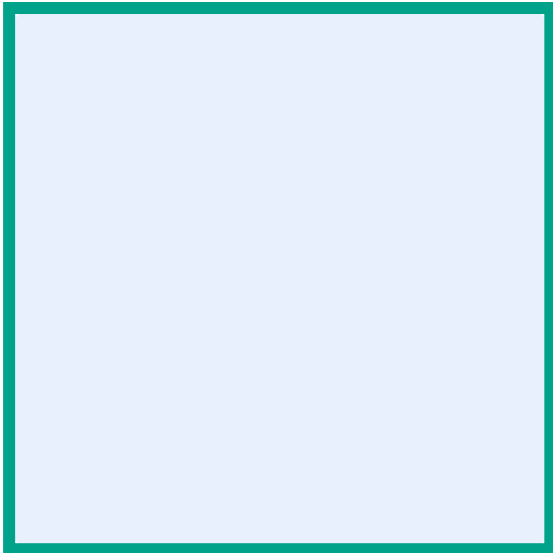
---

---

---

---

---



# My schools and education

## My schools:

The schools/colleges I attended:

---

---

---

---

---

---

---

I left school at:

## My friends and teachers

Name:

Who they are:


--	--	--

# My dreams/achievements

---

---

---

---

---

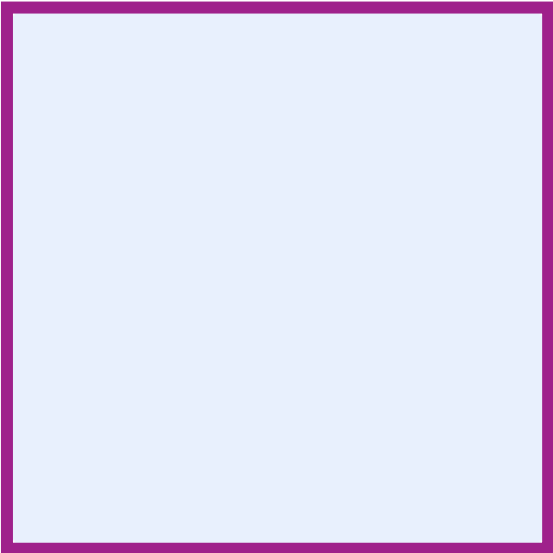
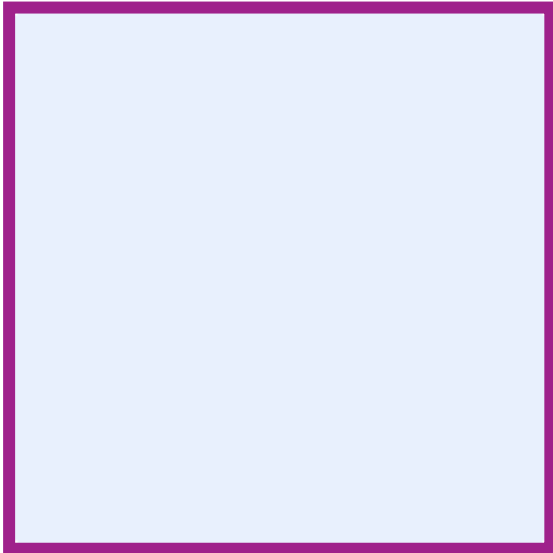
---

---

---

---

---





# My adult life

## Weddings/births and other special days

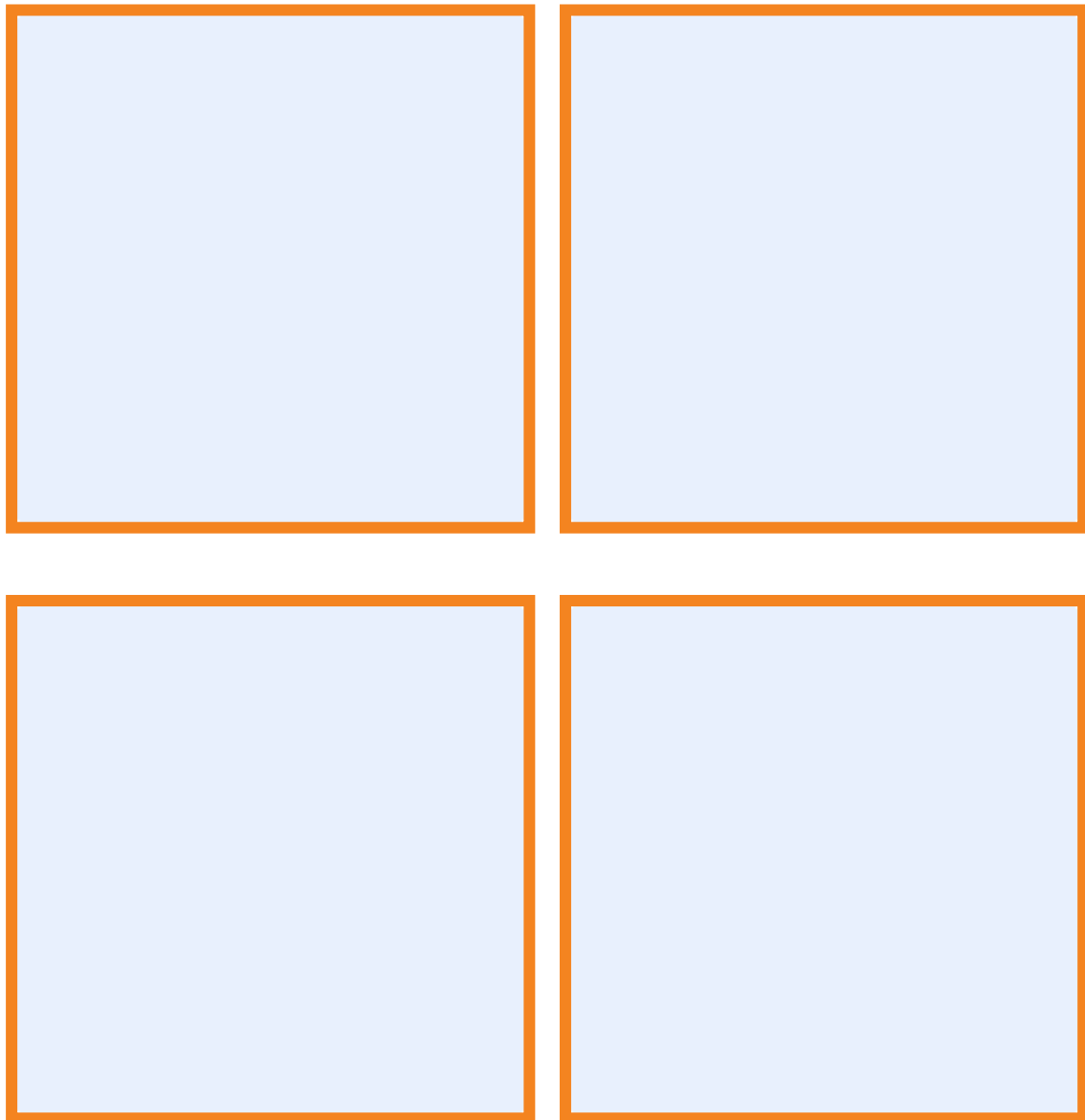
---

---

---

---

---



**Difficult times**

---

---

---

**My work**

Places I have worked:

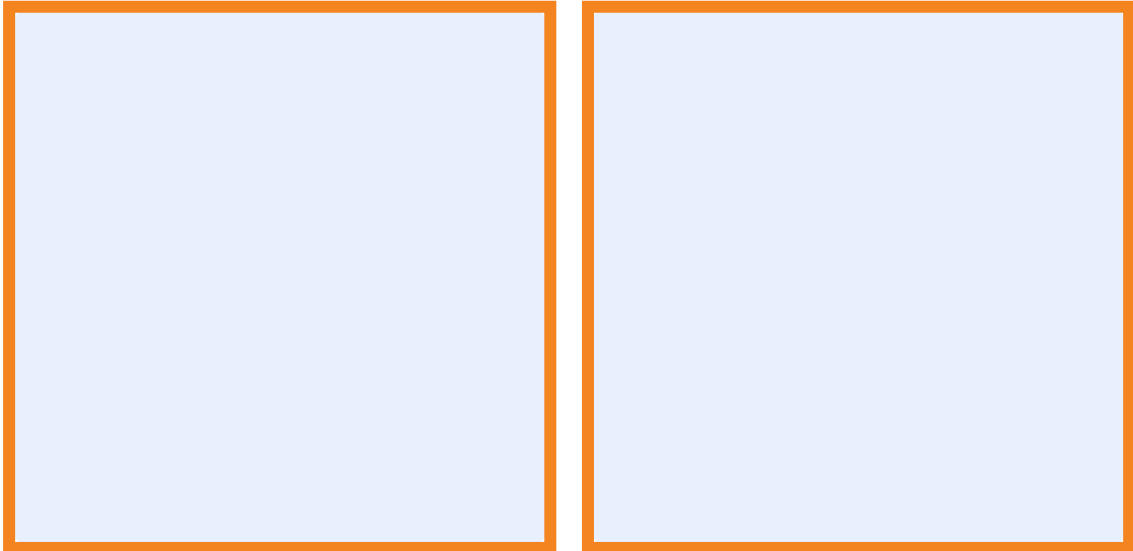
---

---

---

---

---



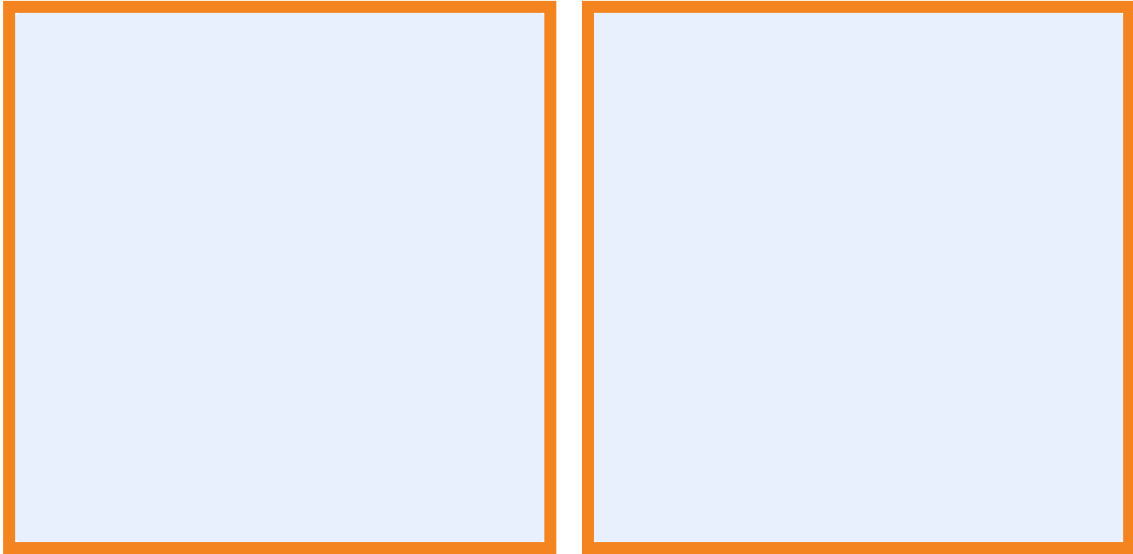
**My hobbies**

---

---

---

---



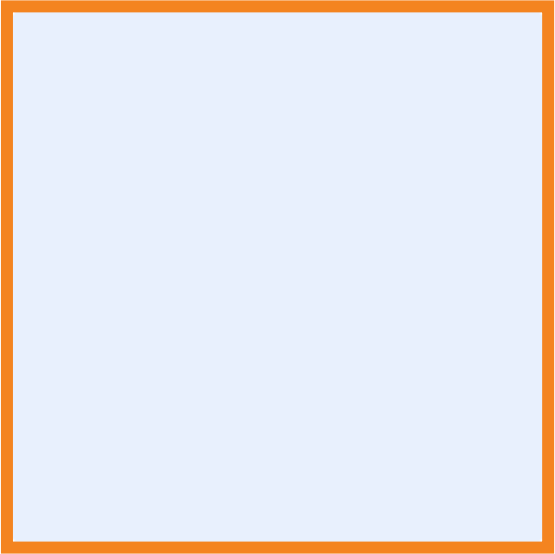
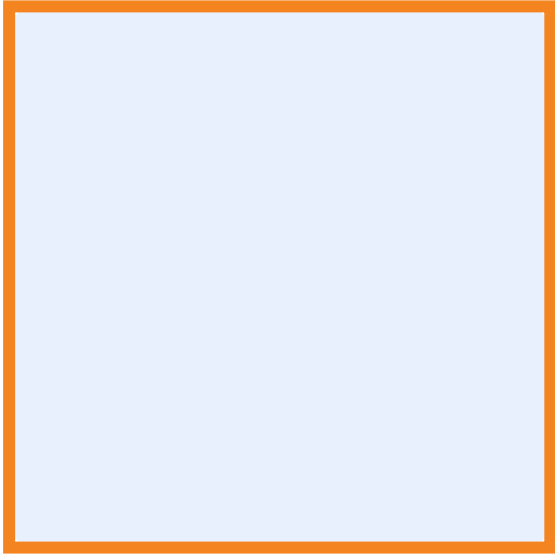
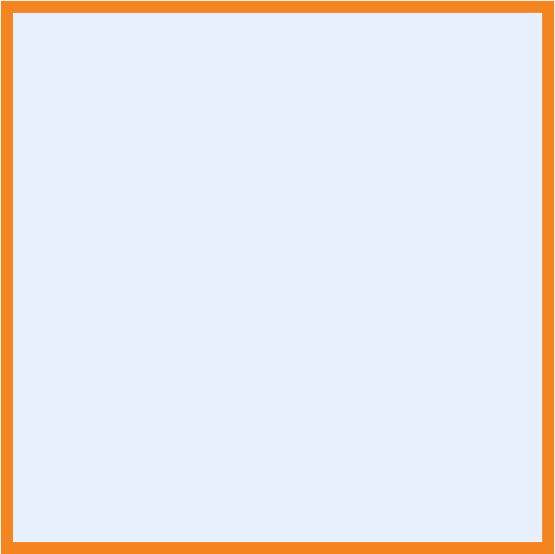
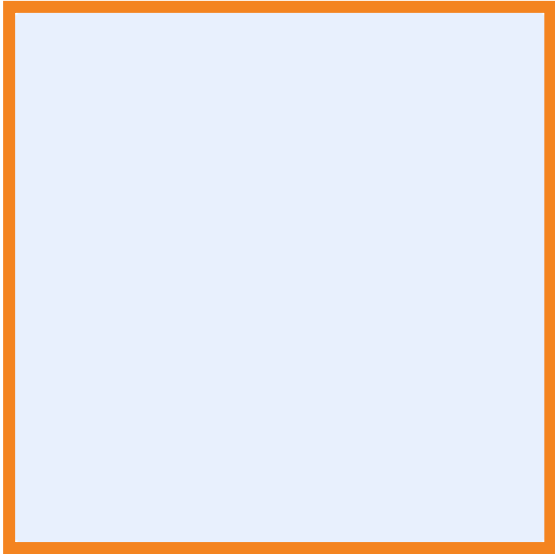
# My holidays

---

---

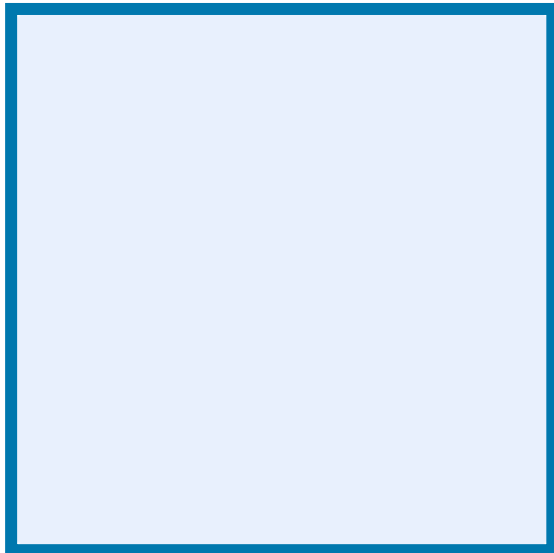
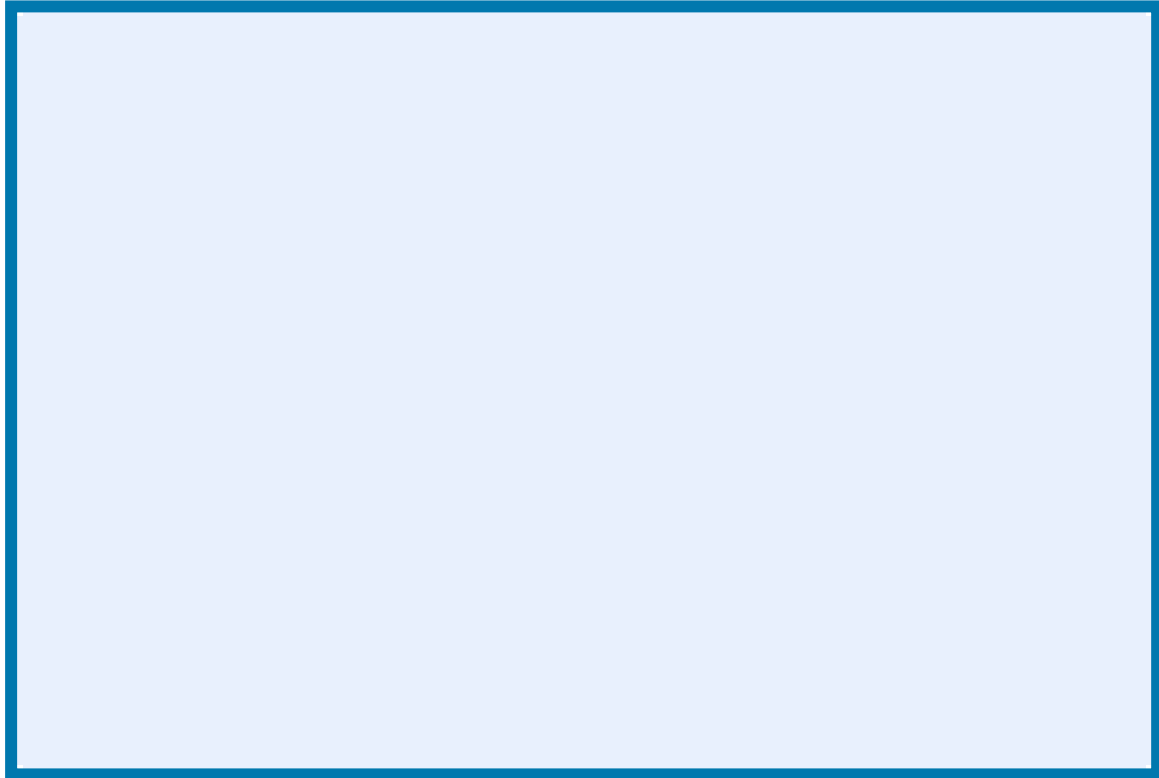
---

---



# Me in recent times

## My house



# My happiest memories

---

---

---

---

