



---

# MEMORIES OF MY LIFE

---





# MY FAMILY

Story of My Birth:

My Personal Qualities as a Child:

Special Memories:

## *My Spouse/Partner*

Name:

Birth Story:

Personal Qualities:

Special Memories:



### *My Children (if applicable)*

Name of Child:

Date of Birth:

Place of Birth:

Birth Story:

Personal Qualities:

Special Memories:

Name of Child:

Date of Birth:

Place of Birth:

Birth Story:

Personal Qualities:

Special Memories:

Name of Child:

Date of Birth:

Place of Birth:

Birth Story:

Personal Qualities:

Special Memories:



Name of Child:	
Date of Birth:	Place of Birth:
Birth Story:	
Personal Qualities:	
Special Memories:	
Name of Child:	
Date of Birth:	Place of Birth:
Birth Story:	
Personal Qualities:	
Special Memories:	
Name of Child:	
Date of Birth:	Place of Birth:
Birth Story:	
Personal Qualities:	
Special Memories:	



# MY HERITAGE

Mother's Maiden Name:

Date of Birth:

Place of Birth:

Father's Surname:

Date of Birth:

Place of Birth:

Sibling's Name:

Date of Birth:

Place of Birth:

Sibling's Name:

Date of Birth:

Place of Birth:

Sibling's Name:

Date of Birth:

Place of Birth:

Sibling's Name:

Date of Birth:

Place of Birth:

Sibling's Name:

Date of Birth:

Place of Birth:

Sibling's Name:

Date of Birth:

Place of Birth:



# MY HERITAGE

Maternal Grandmother's Name:

Date of Birth:

Place of Birth:

Maternal Grandfather's Name:

Date of Birth:

Place of Birth:

Paternal Grandmother's Name:

Date of Birth:

Place of Birth:

Paternal Grandfather's Name:

Date of Birth:

Place of Birth:

*Other Important People in My Family*

*Ancestry Information*



# MY FRIENDS

## *My Best Friends*

Name:

How We Met:

Name:

How We Met:

Name:

How We Met:

Name:

How We Met:

## *Other Important People*

People that influenced me (*mentors, heroes, etc.*)



## MY EDUCATION

Grade School(s) Attended:

High School(s) Attended:

Subjects I Loved:

Special Clubs, Activities, or Interests:

Special Memories of School:

### *Post Secondary Education or Training*

Universities Attended:

Degree(s) Earned:

Special Clubs, Activities or Interests:

Most Memorable People/Events from University Years



## MY EARLY YEARS – GROWING UP

Favourite family pets:

My first memory:

Favourite memories growing up with siblings/cousins/friends:

Favourite memory of my parents:

Favourite Sports/Games/Hobbies:

Favourite Activities:

My first/favourite summer job:

Important Things My Parents taught me:

Memories of Family Gatherings/ Activities – what they were like:

My neighbourhood growing up:



# MY ADULTHOOD

My First Vehicle:

My first full-time job (*Like or dislike? How much paid?*):

Career History:

- 
- 
- 
- 
- 

Professional Achievements:

- 
- 
- 
- 
- 

Personal Accomplishments:

- 
- 
- 
- 
-



# MY ADULTHOOD

Wedding Memories:

Wedding Date:

Memories of our Honeymoon:

First Memories of our Children:

Strengths and/or Characteristics of our Children:

Favourite Vacations (*Places I liked the best*):

Memories of Anniversaries:

Deaths of Family Members & Friends that most affected me:



## WHO I AM TODAY

My Personality Qualities:

Accomplishments of which I'm most proud:

Community Service/Charitable Interests & Accomplishments:

Important Advice or Life Rules that have served me well:

- 
- 
- 
- 

Favourite Books/Movies/Music:

- 
- 
- 
- 

Other Favourite Memories:



## MY VALUES & BELIEFS

What makes life worth living:

My hopes for the family:

My hopes for the world:

Favourite Prayer/Poem/Quote:

- 
- 
- 

Thoughts on Spirituality or Faith:

My views on death and dying:

Ways I may like to say goodbye:



## CHARITABLE CAUSES & VOLUNTEER SERVICE

### *My "Top 3" Favourite Charities*

Organization:	Charitable Number:
---------------	--------------------

Address:	Telephone:
----------	------------

Organization:	Charitable Number:
---------------	--------------------

Address:	Telephone:
----------	------------

Organization:	Charitable Number:
---------------	--------------------

Address:	Telephone:
----------	------------

### *My Volunteer Interests*

Organization:	Volunteer Role(s):
---------------	--------------------

Address:	Telephone:
----------	------------

Organization:	Volunteer Role(s):
---------------	--------------------

Address:	Telephone:
----------	------------

Organization:	Volunteer Role(s):
---------------	--------------------

Address:	Telephone:
----------	------------

Organization:	Volunteer Role(s):
---------------	--------------------

Address:	Telephone:
----------	------------



## *Notes*