



explore

It's  
All About Me!

Yesterday's  
Memories

Feeling

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Who  
am I?



*First Name:*

*Middle Name:*

*Last Name:*

*Maiden Name:*

*Nickname:*

Birth Date:

City of Birth:

Birthday Traditions:

Mother:

Father:

Sisters:

Brothers:

**Husband/Wife:**

**Children:**

**Languages  
Spoken:**

*Skills & Talents:*

Military

Experience:

Years  
Served

*Hobbies/Collections:*

*Occupations:*

*Former*

	<i>Occupations:</i>
<i>Former</i>	

# My Favorite Things:



Book: \_\_\_\_\_



Movie: \_\_\_\_\_



Time of Day: \_\_\_\_\_



Color: \_\_\_\_\_



Animal: \_\_\_\_\_



Place: \_\_\_\_\_



Food: \_\_\_\_\_



Restaurant: \_\_\_\_\_

TV Show: \_\_\_\_\_



Season: \_\_\_\_\_



Holiday: \_\_\_\_\_



Flower: \_\_\_\_\_



Game: \_\_\_\_\_



Singer: \_\_\_\_\_



Beverage: \_\_\_\_\_



# **List of “10”**

- ❖ ***10 things that make me happy are...***
- ❖ ***10 things that I value about life are...***
- ❖ ***10 things that I believe in are...***
- ❖ ***10 fears that I have are...***
- ❖ ***10 lessons that I have learned so far in my life are...***
- ❖ ***10 things that make me laugh are...***
- ❖ ***10 things that make me cry are...***
- ❖ ***10 ways that I can help someone else are...***
- ❖ ***10 fun things to do are...***
- ❖ ***10 special people in my life are...***
- ❖ ***10 special memories from my past are...***
- ❖ ***10 things that really stress me out are...***
- ❖ ***10 best things about me are...***

# *Musical Life Review*



*Write down songs that describe your life growing up through the decades...*

A large, empty, rounded rectangular box designed for writing. The top and bottom edges are rounded. The left side features a scroll effect, with a grey-shaded area at the top-left corner and a larger grey-shaded area at the bottom-left corner, suggesting the paper is unrolled. The right side is a straight vertical line.



*These are the greatest accomplishments of my life so far...*

*This is how they make me feel...*



# Pain

*There is a great deal of pain in life and perhaps the only pain that can be avoided is the pain that comes from trying to avoid pain.*

❖ *What kinds of things cause you pain?*

❖ *Do you let yourself feel your emotional pain or do you try to make it go away?*

❖ *What have you learned from your pain? Make a list of difficult situations and write next to them what you learned.*

# Relationships

- ❖ *My parents' names are...*
- ❖ *My siblings' names are...*
- ❖ *My spouse's name is...*
- ❖ *My children's names are...*
- ❖ *What I love the most about my parents...*
- ❖ *What I love the most about my children...*
- ❖ *The best thing about each of my siblings is...*
- ❖ *When I am sad, I know I can turn to...*
- ❖ *My parents influenced me by...*
- ❖ *I influenced my family by...*
- ❖ *My family and I had fun when we...*
- ❖ *My family and I spent time together doing...*
- ❖ *I can share secrets with...*
- ❖ *The people I can trust the most are...*

# Forgiveness

*Forgiveness is a very powerful tool for increasing your love for yourself and your capacity to love others. To hold on to hateful feelings only poison your own heart. Always try to forgive yourself and others.*

❖ *Is there someone you need to forgive?*

❖ *Is there someone you wish would forgive you? For what?*

❖ *Is there anything you need to forgive yourself for?*

## More About Me

- ❖ *How I would describe myself...*
- ❖ *How my family would describe me...*
- ❖ *How my friends would describe me...*
- ❖ *My favorites...*
- ❖ *My least favorites...*
- ❖ *The thing that makes me the happiest is...*
  - *When I am happy I...*
- ❖ *The thing that makes me the saddest is...*
  - *When I am sad I...*
- ❖ *The thing that frightens me the most is...*
  - *I can overcome this fear by...*
- ❖ *The thing that confuses me the most is...*
  - *When I am confused I...*
- ❖ *The thing that makes me the maddest is...*
  - *When I am mad I...*

# *Know Your Strengths*

*Believing in yourself from the inside out means knowing yourself well, especially your strengths, and showing them to the world-that's a good feeling.*

## *Finish the Phrases*

❖ *I am good at...*

❖ *During my free time, I like to...*

❖ *I like being around people who...*

❖ *When I am doing what I like to do, I feel...*

❖ *Areas I can work harder are...*

❖ *I can improve my weaknesses by...*



**People seem to  
LIKE ME**

*Some of the BEST ideas I ever had...*

*One of the most encouraging things  
anyone has ever said or did to me was...*

**This is what I would  
like to say to my  
parents...**

As a child,  
the house I  
lived in

*The stupidest rules that I've had to  
abide by while growing up have been...*

My favorite  
trip or  
vacation with  
my family  
was...

*from my parents and passed on to my kids...*

*This is some advice I took*

**These are the people who I  
know I can trust with my life  
& how they earned my trust...**

*If the story of my life was made into a novel, the title would be...  
because...*

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*This is who the author (s) of the current chapter of my life...*

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*These are some of the  
names of the chapters in my life so far...*

*These are some possible names for future chapters of my life...*

*When I am uptight & stressed out, this is how I deal with it...*

*Some of my favorite poetry is... because...*

*My  
Spiritual  
beliefs  
are...*

*The person  
or event  
having the  
greatest  
impact on  
me  
spiritually  
is...*

*If I could live one year of my life over again...*

This is how I feel about my parents when I was growing up... As an adult... Now...

***This is how I feel about myself...***

This is how I feel about my children... Grandchildren...

***This is how***

***I feel about my siblings... or... this is how I feel about being an only child...***

*I think some of the most beautiful sights I have ever seen are...*

*Some of the places I have traveled to are... I went alone or with family.*

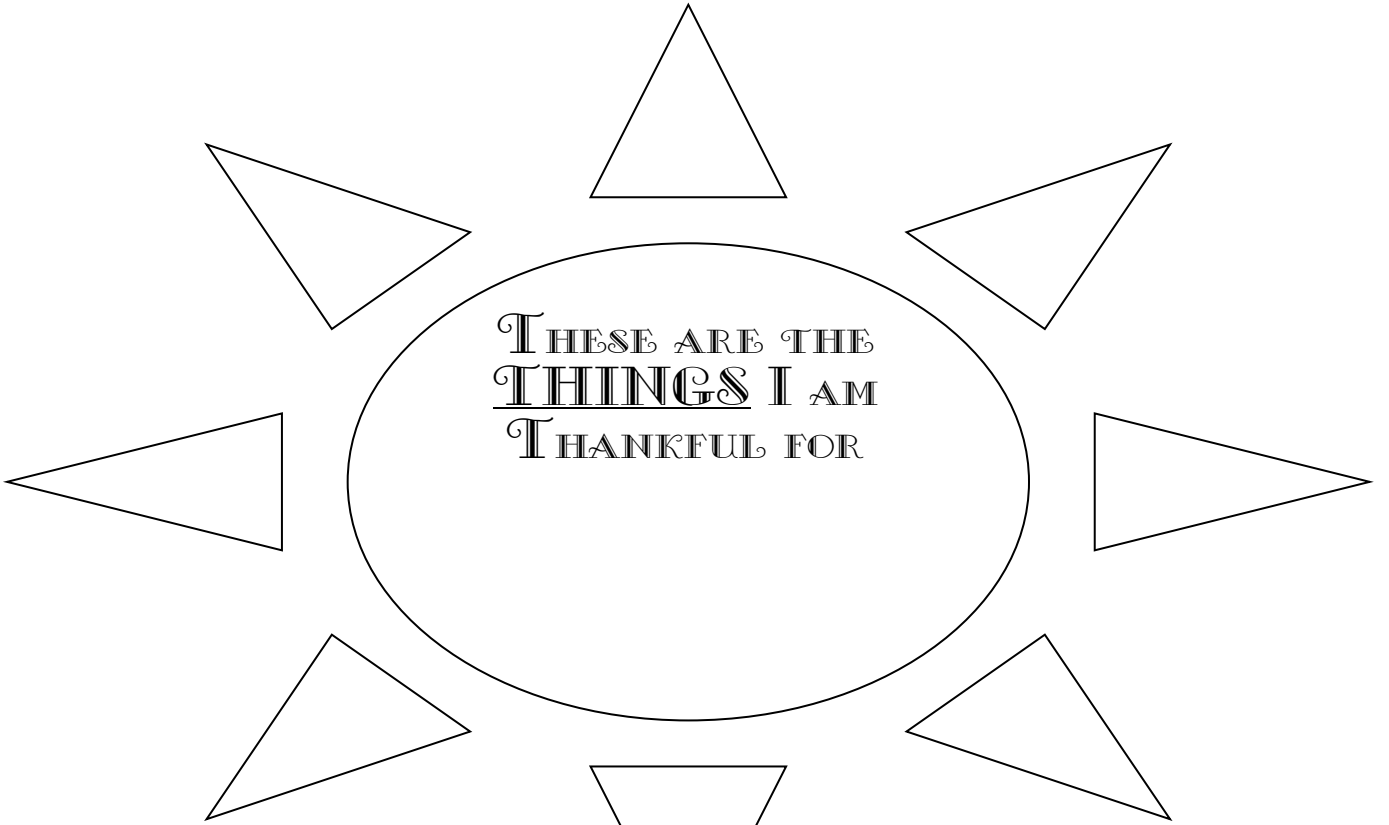
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*This is a list of teams, clubs, and other organizations that I have been a part of...*



*This is a list of music groups that I have been with and what instruments I've played...*

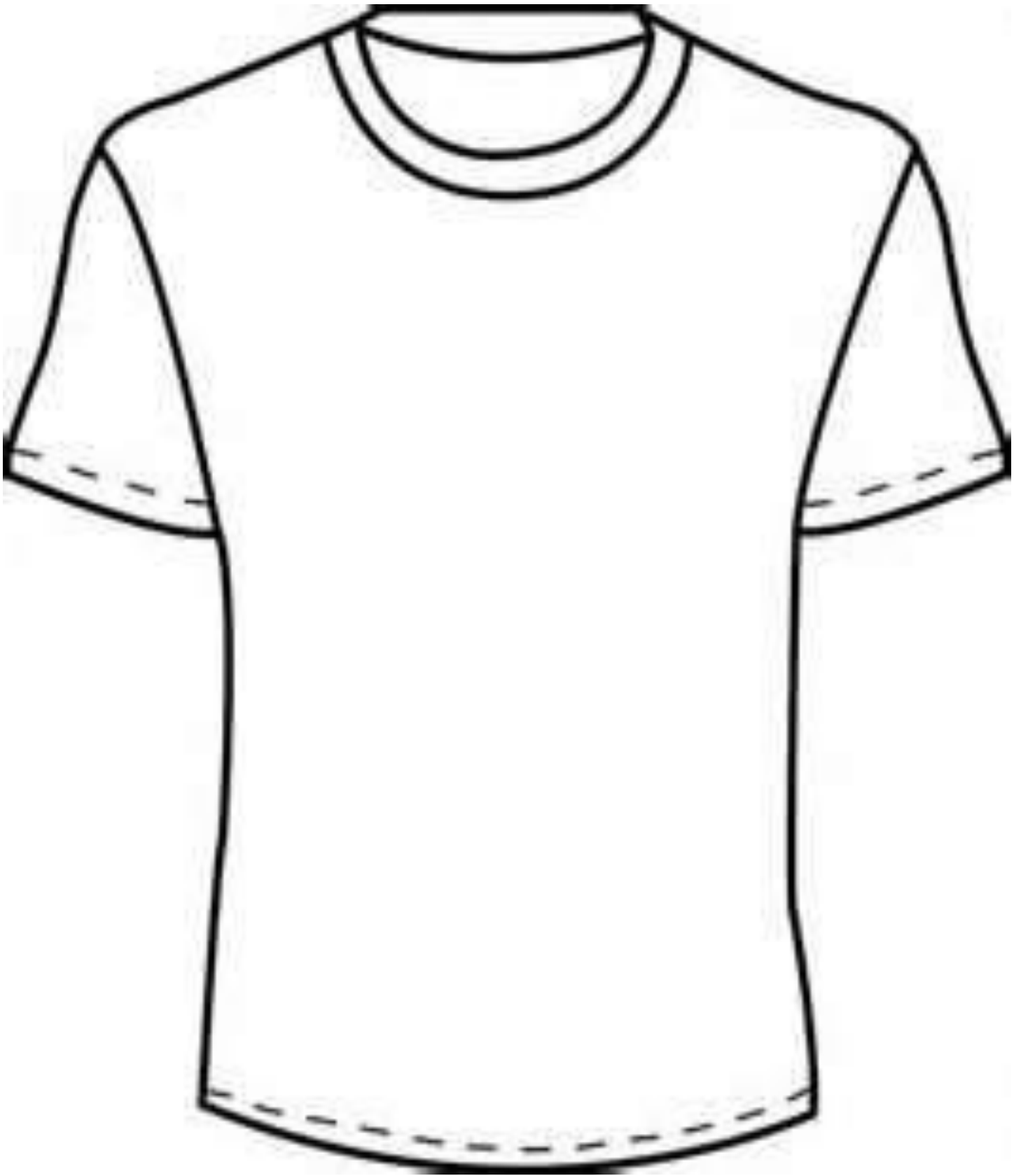




THESE ARE THE  
THINGS I AM  
THANKFUL FOR



THESE ARE THE  
PEOPLE I AM  
THANKFUL FOR



“I AM”

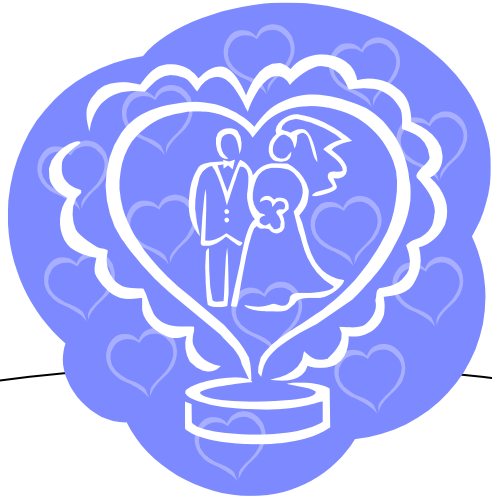
Write Words, Draw or Add Pictures from magazines that describe you. Be Positive and Have Fun!!

*Favorite  
Quotations or Advice*

FAVORITE  
POEM OR PRAYER

FAVORITE  
NURSERY RHYME

*Favorite  
Story*



*Presenting  
Mr. & Mrs.*

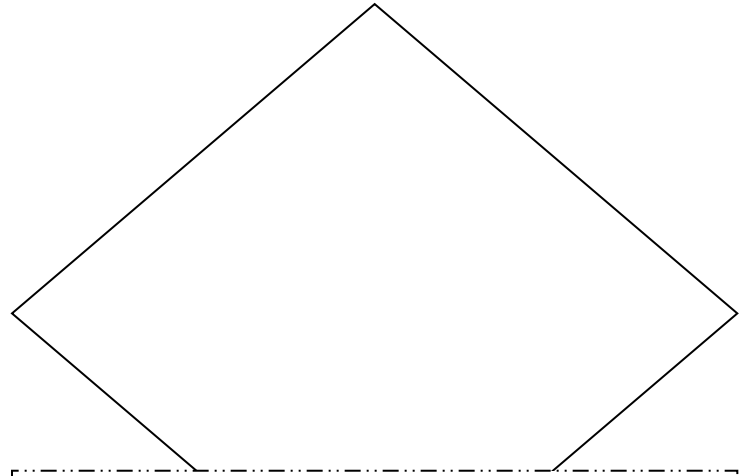
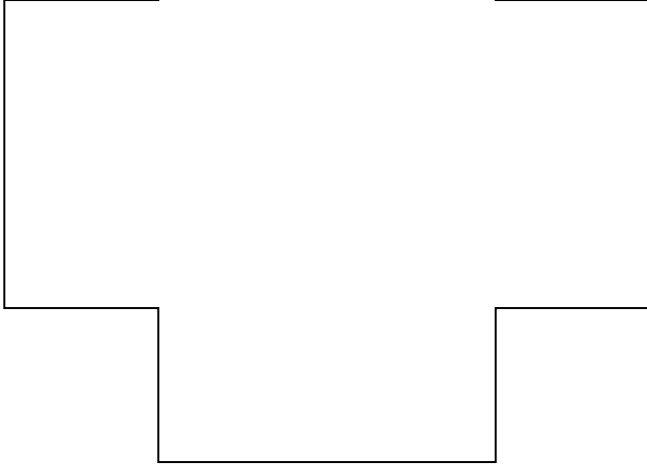
Married On:

WEDDING SONGS:

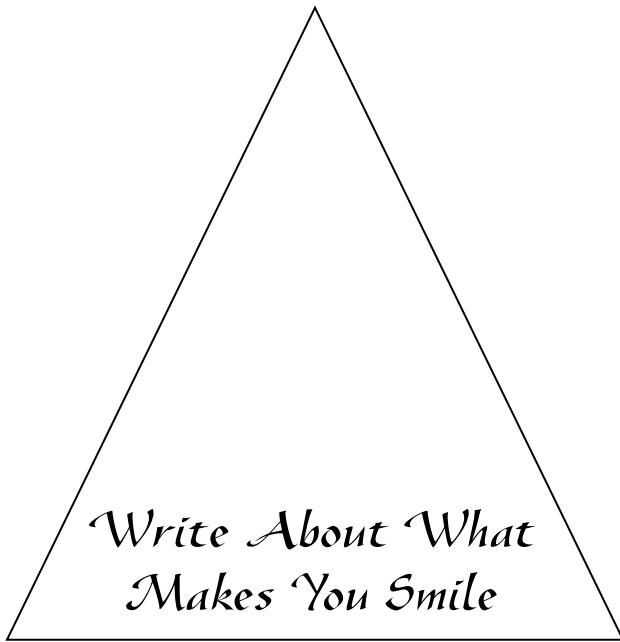
Traditions Honored:

# SHAKE ME LOOSE

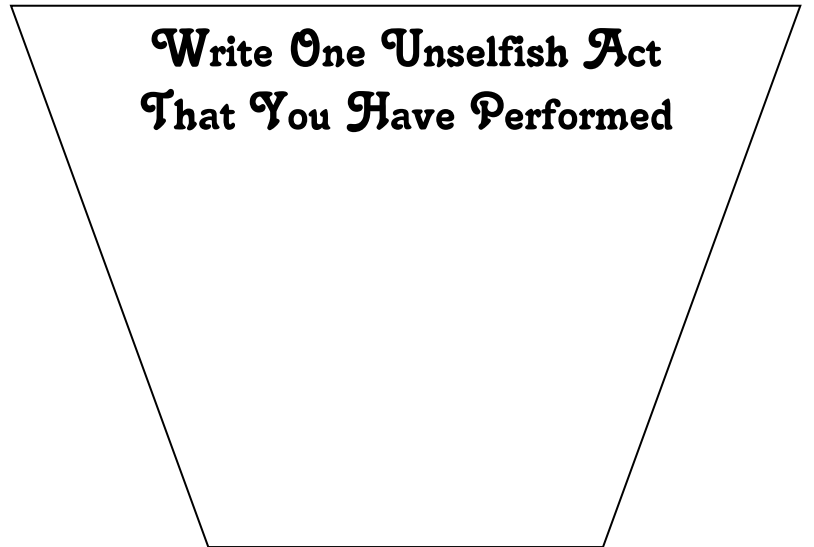
Write About a Compliment  
Somebody Gave You.



**Write About a Difference That  
You Made in Someone's Life.**




*Write About What  
Makes You Smile*



**Write One Unselfish Act  
That You Have Performed**



Write About Your  
Favorite Feature



*Write About What Makes  
You a Good Friend*

***Circle Your Skills or Talents***



***Sewing***



***Knitting***



***Crocheting***



***Floral Arrangement***



***Painting***



***Music***



***Computer Skills***



***Woodworking***



***Dancing***

***List additional here:***

**What Types of Music Do You Like To Listen To:**

- Big Band/Swing
- Bluegrass
- Children's/Lullabies
- Classical
- Country
- Crooners
- Cultural
- Dance
- Folk
- Gospel/Christian
- Heavy Metal
- Hip Hop
- Holiday
- Jazz
- New Age
- Opera
- Piano
- Pop/Top 40
- Rap
- Rhythm & Blues
- Rock (Classic Rock)
- Rock (Oldies Rock)
- Techno
- Others:
  
- Era Music:
  - Pre-1900s – 20s
  - 30s       40s
  - 50s       60s
  - 70s       80s
  - 90s       2000s



**What Kind of Books Do You Like To Read?**

- Fiction
- Non-fiction
- Religious/Bible
- Historical
- Biographies
- Humor/Comic Books
- Western
- Best Sellers
- Mystery
- Science Fiction
- Picture Books
- Poetry
- Classics
- Horror
- Drama/Stage Plays
- Romance
- Self-Help
- Motivational
- Newspapers
- Educational Books
- Others:



**What Kinds of Movies Do You Like To Watch?**

- Westerns
- Comedy
- New Releases
- Action
- Science Fiction
- Seasonal
- Classics
- Horror
- Musicals
- Drama
- Romance
- War
- Others:



**What Other Healthy Things Can You Do for Your Mind Or Body?**

**Solve the Puzzles**

**MIND  
MATTER**

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**Check All the Card Games You've Played:**

- Poker
- Blackjack
- Gin Rummy
- Bridge
- Skip Bo
- Penny Ante
- Cribbage
- Go Fish
- Rummy
- Canasta
- Golf
- War
- Kings Corner
- Sheepshead
- Old Maid
- Slap Jack
- Hearts
- Euchre
- Uno
- Pinochle
- Rook
- Phase 10
- May I
- Solitaire
- Others:

**Circle All the Board Games You've Played:**

- |            |          |
|------------|----------|
| Chess      | Trouble  |
| Backgammon | Checkers |
| Scrabble   | Clue     |
| Sequence   | Yahtzee  |
| Dominoes   | Monopoly |
| Sorry      | Bingo    |
| Others:    |          |

**Check all the Activities You Enjoy Doing:**

- Crossword Puzzles**
- Jigsaw Puzzles**
- Book Club**
- Word Games**
- Creative Writing/Poetry**
- Reading**
- Spelling Games**
- Discussion Groups**
- Trivia Games**
- Debate**
- Journaling**
- Correspondence**
- Others:**

**Circle All the Sports You Enjoy Doing:**

- |                   |            |
|-------------------|------------|
| Exercise          | Jazzercise |
| Walking/Running   | Yoga       |
| Tai Chi           | Basketball |
| Racquetball       | Pool       |
| Football          | Croquet    |
| Bocce Ball        | Golf       |
| Baseball/Softball | Ping Pong  |
| Fishing           | Bowling    |
| Volleyball        | Tennis     |
| Badminton         | Hunting    |
| Camping           | Horseshoes |
| Horseback Riding  | Swimming   |
| Others:           |            |

**Check All the Types of Dancing You Enjoy:**

- Clogging
- Line Dancing
- Swing
- Square Dancing
- Ballroom/Latin
- 50s/60s Rock
- Disco

**Circle All the Daily Living Tasks You Enjoy Doing:**

- |                     |                   |
|---------------------|-------------------|
| Cooking             | Baking            |
| Canning             | Laundry/Folding   |
| Mail Delivery       | Yard Work         |
| Setting Table       | Reading Newspaper |
| Gardening           | Cleaning          |
| Maintenance/Repairs | Polish Silverware |
| Others:             |                   |

**Circle All the Creative Arts You Enjoy Doing:**

- |                         |                        |
|-------------------------|------------------------|
| <i>Sewing</i>           | <i>Needlepoint</i>     |
| <i>Knitting</i>         | <i>Crocheting</i>      |
| <i>Drawing</i>          | <i>Painting</i>        |
| <i>Scrapbooking</i>     | <i>Beading/Jewelry</i> |
| <i>Pottery/Ceramics</i> | <i>Woodworking</i>     |
| <i>Quilting</i>         | <i>Photography</i>     |
| <i>Others:</i>          |                        |

# ***Healthy Eating***



***Favorite Drinks***



***Favorite Health Food***

***Favorite Snacks***

***Favorite Foods***

***Favorite Dairy Products***

***Favorite Fruits & Vegetables***

*My favorite kind of music is...  
Because...*

*These are  
some things  
I like to  
think about  
as I go to  
sleep...*

**WHEN I WAS A  
KID, I THOUGHT  
MY LIFE AT THIS  
AGE WOULD BE...**

**A really scary thing that  
happened to me was...**