



My Life Story

A Legacy Journal By





My Life Story

This journal is dedicated to:

Our memories are a gift. I want to share mine with you,
with the hope that my experiences and values
will provide you with some life lessons and inspiration.

*I offer this gift - the story of my life - to you
with great love and affection.*



My Beginning

My full name is _____

and I was born in (city, state, country) _____

(hospital name) _____

and I grew up living with _____

My earliest childhood memory, which has stayed with me all these years, is:



When I was growing up, my nickname was _____

which I got because _____

My Family and Friends

We are the sum of our experiences and the people who came before us.
These are the people who made me who I am.

My family:

Name _____ Relationship _____

Name _____ Relationship _____

Name _____ Relationship _____

Name _____ Relationship _____

Name _____ Relationship _____

Name _____ Relationship _____

They were the kind of people who _____

and taught me the importance of _____

These are the adults who influenced my childhood _____

The most interesting thing I remember about them is _____

My best friend as a child was _____

We had so many good times together. We liked to _____

When I think back on my childhood, one special memory comes to mind: _____



Many of the lessons I learned as a child have stayed with me throughout my life, including

Life and Love

Like most people, I've experienced love and loss. It's not always easy to talk about, but I've tried to describe some of the relationships that have had the greatest impact on me.

My most significant relationship as an adult was with _____

This person is special to me because _____

My greatest joy in life has come from _____

I've been fortunate to make some good friends along the way. I especially think about
(friend's name) _____

What I treasure most about this friend is _____



My Life's Work

I found my first real job as a _____

That experience taught me _____

My favorite job was _____

That experience taught me _____

I was fortunate to have mentors along the way. I particularly remember

(person's name) _____ because _____

My proudest accomplishment in life has been

Looking back, I think what I like most about how I've spent my time is _____

Looking Back

Every life is a journey. I'd like to share some of the most interesting moments I've had along the way — as well as some of the more challenging ones. Good or bad, they shaped my life and made me who I am.

I've lived in these cities, states and places: _____

Among the places I've lived, my favorite was _____

That's because _____

I've also traveled. Some of my most memorable trips were to _____

And I've seen some wonderful sights. If I had to choose the most amazing I've ever seen, it would be

I've also had some amazing experiences. One of my favorite life experiences was



It hasn't all been easy, of course. I've faced some losses and difficult times, as well.
My biggest challenge was

which impacted my life by

When I look back at my life, what has been most fulfilling for me is



I have a lot of good memories that I cherish to this day. One of my favorites is

As I look ahead to the future, some of the things I'd like to accomplish are

Life Lessons

Every person has their own journey in life. Here are some things that I learned along the way.

The best advice I ever got came from _____

who told me _____

It had a great impact on me because _____

Of course, our lives are also shaped by events. The event (historical or personal) that made the biggest impact on me was

_____ because _____

One quote, motto or saying that I have always found to be true is _____



My Values

When I reflect on my life and my legacy, I think about the values I've lived by. It's important to me to pass them on to future generations.

In my own life, I have strived to honor my values of

That is why my hope for the future is a world which embodies these values by

Creating My Legacy



A life is made up of experiences, knowledge, wisdom and values. I've shared those with you here, opening my heart because I care about you and want the best for you in your life.

We all learn from those who come before us. In that spirit, I hope my life will inspire and educate you as you continue your journey.

Sharing My Life Story with you is the most heartfelt gift I can give. Please accept it with all my love.

This legacy booklet is a gift from
Special Olympics, in gratitude to its author.
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