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:
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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:**

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<th>Name</th>
<th>Relationship</th>
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They were the kind of people who ____________________________________________________________

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and taught me the importance of ________________________________________________________

___________________________________________________________________________________

These are the adults who influenced my childhood _____________________________________________

___________________________________________________________________________________

The most interesting thing I remember about them is __________________________________________

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___________________________________________________________________________________
My best friend as a child was ________________________________

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

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

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

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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 __________________________________________

____________________________________________________________________________

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My greatest joy in life has come from ____________________________________________

____________________________________________________________________________

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____________________________________________________________________________

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 __________________________________________

____________________________________________________________________________

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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 _____________________________.

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My proudest accomplishment in life has been

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Looking back, I think what I like most about how I’ve spent my time is __________________

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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 ___________________________________________________________________

___________________________________________________________________________________

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I’ve also traveled. Some of my most memorable trips were to ____________________

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

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

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

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which impacted my life by

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

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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 _________________

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__________________________________________________________________________________
Taking everything I’ve told you into consideration, the most important life lesson I’d like to share 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

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

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Perhaps that’s why the following causes and charities have become so significant in my life

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These are important to me because

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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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