

This About Me Journal is about:

Name _____
 Name I Prefer to Be Called _____
 Email Address _____
 Daytime Phone Number _____
 Address _____
 City _____ State _____ Zip _____

This About Me Journal was completed with assistance from:

Name _____
 Email Address _____
 Daytime Phone Number _____
 Are you a... (select one) Relative (how are you related?) _____ Volunteer Staff Member Friend

When and where were you born? Where have you lived most recently? Describe your childhood home/hometown.

Share about your family and other important people in your life. Include people such your parents, grandparents, siblings, spouse, children, grandchildren, best friends (now or from the past), etc. Don't forget to include names if possible (spelled correctly please).

Where did you go to school? Share about elementary, middle, high school, college, etc. Do you remember sports, dances or other events from your school days?

Describe the work you have done in your life. What was your first job? Describe the jobs you had (around the house, paid work, or volunteering). What was your favorite/least favorite job?

Who do you admire the most? What did this person teach you? This could be a parent, a famous person, a mentor, a teacher, a person from history, etc.

Describe historical events or life events that had an impact on you. Where were you when these events happened? In what way did this impact you/your family?

What are your favorite celebrations and holidays? How do you like to celebrate? Do you get together with family or friends? Describe a memory of a favorite celebration or family tradition.

Which types of entertainment do you enjoy? What are some favorite...

TV Shows

Radio Stations

Movies

Plays/Theater (Were you ever involved in any plays or musicals?)

Music *(Do you have a favorite song? Do you have a favorite type of music or band such as rock, blues, country, jazz, classical, etc.? What do you like to sing? What instruments do you play?)*

What are your favorite hobbies, interests, places you like to go, and things you like to do?

What are some of your preferences? *Do you like to go outside? If so, what do you like to do?*

What is your favorite weather/favorite season? Why?

What makes your day special?

What helps you feel better if you're upset?

Do you consider yourself a morning person or do you like to stay up late?

What are your favorite foods?

What do you like to eat or drink for breakfast, lunch, dinner, and snacks?

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

What are things you DON'T like to eat or drink for breakfast, lunch, dinner, or snacks?

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

What do you consider to be your greatest accomplishment?

What are some of your dreams, plans, and goals? *Is there something you've always wanted to do that you've never done?*

What are some important scriptures, sayings, or poems that you like? *Please share some advice to future generations.*
