

# **This Memory Book**

is intended for

.....

and made by

.....

My first name

My surname

My family name or maiden name

Details about my birth

Today's date

The most important thing you should know about me is

## **My life when I was young**

Where I grew up

What I can tell you about my mother

What I can tell you about my father

What I can tell you about the family with whom I grew up

What we valued as a family

## **My Life Today**

About my children

My special memories

My important friends

Our family traditions and special occasions

What is important to me

My special interests and talents

What I really love

What I don't like at all

How I spend my spare time

My health

My work

My education

What I value in life

Things I believe in



## **For you**

What I can tell you about your father

People who are important to you

What I can tell you about members of your family

My favourite memories of you

## **For you**

What I can tell you about your mother

People who are important to you

What I can tell you about members of your family

My favourite memories of you

Things about you that make me proud

What you enjoy

What you don't like

Your interests

My wishes for your future