

How would you like to be remembered?

This Is Me

Do-it-yourself memoir



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This is Me

Your full name:

Current age:

Height _____ Weight _____

Eye colour _____ Hair colour _____

Address:

Describe your appearance:

Do you have any distinguishing features?

What would be your signature style of clothing?
(jeans, sweatpants, dress)

What mannerisms or habits distinguish you?

What do you like to be called?

Proud _____

Relieved _____

Resentful _____

Selfish _____

Stressed _____

Sexy _____

Threatened _____

Trusted _____

Vengeful _____

If a movie were made about your life, who would be cast as you?

What would the title be?

What music would be in the soundtrack?

What type of movie would it be? (comedy, thriller, tearjerker)

Do you believe in heaven, hell or reincarnation? What do those things mean?

If you could give someone advice who would it be to and what would you say?

Emotional Me

When do you feel:

Loved _____

Afraid _____

Ambitious _____

Angry _____

Bored _____

Confused _____

Content _____

Cruel _____

Brave _____

Disappointed _____

Embarrassed _____

Exhausted _____

Grateful _____

Guilty _____

Happy _____

Inspired _____

Intimidated _____

Jealous _____

Lonely _____

Needed _____

Passionate _____

From the Beginning

Your full given name:

Who chose your name and why?

Have you had any other names? (nicknames, religious names, pseudonyms)

How did you get those names?

Were you ever called by a name that you disliked or upset you? What was it?

Did you ever wish you had a different name and what name would you have chosen?

What do you know about your Mother's pregnancy, your delivery and your first few days?

Where were you born?

Were you a quiet or noisy baby?

What do you know about your exploits and personality in your early years?

How old were you when you started walking?

What were your first words?

If you were adopted, how old were you and at what age where you told?

What do you know about your birth parents?

What type of accommodation was your first home and what was the address?

What do you remember about this home?

Do you know any stories regarding families reaction (grandparents, siblings) to your arrival?

What are the three most dramatic, historically significant events that have happened during your lifetime?

1. _____

2. _____

3. _____

Where were you when each of the above happened?

1. _____

2. _____

3. _____

If you were the legislator, what law would you pass?

What are some things that you have done that most other people have not?

Have you ever met someone who looked like you?

If you had an evil twin what would they be like?

What in all creation awes you the most?

Do you have any irrational fears and if so what?

In what ways are you brave?

My Opinions

What are your opinions about:

Smoking

Dessert

Being on time

Correct grammar

Housekeeping

Exercise

Drinking

Going Green

War

Theft

My Childhood

What is your earliest memory?

Did you have a favourite bedtime story or song?

Did you have a babysitter and do you remember their name?

Did you have a favourite teddy, toy, comforter?

Did you have any new members of the family?

What was the name of your first nursery school and teacher?

What was the first day like?

Who was your first school friend?

Did your family have a religious preference?

Did you go to Sunday School or equivalent?

How old were you when you learned to ride a bike?

Did you have any pets?

Did you have any imaginary friends or pets?

What were you most scared about as a child?

What is your first memory of being punished and what had you done?

Are you a good judge of personalities?

What odd facts do you remember that most other people don't?

Can you whistle? Have you ever sung in public?

What TV ad song is most memorable to you?

Do you like to dance?

Do you prefer sweet or savory?

Comedy or tear jerker?

Which books do you prefer? (fiction, autobiography, historical, natural history, other)

What is the worst household chore for you to do?

What was the most extreme costume that you wore to a party or function?

What are you certain that you would NEVER wear?

What is your favourite colour?

Do you wear colours you like often?

How many pairs of shoes do you own?

Have you kept any that hurt your feet? Why?

What was your most favourite pair of shoes of all time?

What is on the door of your fridge?

What is the last item that you returned to a store and why?

What is the best book you have read?

Which magazines do you buy ?

Do you flip through magazines or read them from front to rear?

What are your pet peeves or triggers?

Adolescence

What schools did you attend?

Describe your high school graduating class:
(large, small, unisex)

Did you have a coming of age ceremony?

Where you ever tempted to do something wrong to fit in?
What was it?

Were you a confident teenager?

What concerned you most about your appearance and why?

Did you mature faster or slower than most of your friends?

What fashions were in mode?

How fussy were you about fashions and at what lengths
would you go to get the right clothes?

How did you style your hair?

How much did you worry about being popular?

Who was your closest friend?

What did you eat at lunchtimes at school?

How would you describe your group of friends and are you still in touch with any of them?

Did you have any 'crushes' on teachers, movie or pop stars?

What music did you listen to?

What songs remind you of this time?

What movies remind you of this time?

What TV shows did you regularly watch?

Who was your first date with?

Where did you go?

Describe your first kiss:

What possession do you own that says the most about you?

What do you always throw out that you should probably keep?

Do you like to pay bills on time?

Are you a natural saver or spender?

What is the most extreme hair style that you have ever had?

What is the best hairstyle that you have ever had?

How many colours has your hair been?

What do you spend most time, effort or money on:

Nails _____

Hair _____

Skin _____

Clothes _____

Is there anything that you wish you could change about your appearance?

What clothing do you like to wear most?

Have you ever worn a uniform?

What do you regret NOT doing?

Do you like shopping?

Do you browse for pleasure or inspiration?

What was your worst impulse buy?

What did you pay far too much for?

What do you wish you bought when you had the chance?

What was the most useless purchase that you made
(hidden in the cupboard)

Do you like to haggle and are you good at it?

What is your most treasured gift or heirloom?

What do you keep just because you loved it in the past but
don't have it on display or use it?

What 5 things (not living) would you save in a house fire
and why?

Who was your first boyfriend?

Describe the first time you fell in love:

What pressures did you feel to engage in sexual activity?

What was your first sexual experience like?

What was the most embarrassing thing that ever happened to you?

If you went to the Prom, who did you go with and what
was memorable about it?

At this time, what did you want to be when you grew up?

What was your dream job?

Were you athletic and in what sport?

Were you artistic?

Were you Musical/theatrical?

What clubs, teams or organizations did you join?

Did you receive any awards or trophies?

What was the worst grade you got?

Who was your most memorable teacher and which subject was it in?

What was your best subject?

Which subjects challenged you?

Who influenced you the most and why?

How much did you worry about the future? (getting into college or getting a job)

Who taught you to drive?

What model of car did you learn in?

What model was the family car?

What did you do immediately after High School?

If you went to college, where did you go and what did you study?

How did you spend your summers?

What do you wish you had been taught?

What was the worst and why?

Did you ever quit a job? Why?

Have you ever been fired? Why?

What is the naughtiest deed you have ever committed?

What deed did you think about but didn't do?

Did you ever get caught red-handed?

How good are you at telling lies?

If you could never get caught, what might you be tempted to do?

Have you ever cheated on an exam?

What do you regret doing?

Me Uncovered

If you were granted 3 truthful answers rather than wishes who would you question and what would you want to know?

1. _____

2. _____

3. _____

How good are you at receiving praise or compliments?

How important is it what people think of you?

Have you ever volunteered time or money to a cause?
What was it?

List and describe all the jobs you have had.

What was the best job and why?

Young Adulthood

What was your worst financial decision (unwise spending, lost opportunity)?

Describe your first job:

How much did you earn?

What did you learn in your employee role?

Where you a good employee?

What role did family expectations play in your choice of occupation?

What other expectations played a part in your choice of career? (high income, lifestyle, social scene)

When did you leave home and get your own place?

How far away did you move?

What was the address?

What was memorable about your first home?

How did you furnish it?

What was your first expensive purchase?

How did you get to work?

What was the first car you bought?

What was the wildest party you attended?

What was the biggest emotional risk you ever took?

What was the biggest physical risk you took?

What was the biggest financial risk you took?

What was the most thrilling thing that you did?

Who was your first best friend?

How did you meet?

Describe your most romantic date?

How many romantic relationships did you have before you met a significant other?

What first attracted you to the significant other?

Parenthood

Names and dates of birth or adoption of your children:

What do you remember most about the birth(s) and early years?

What has been most challenging?

What has been the most fulfilling moments?

How has your parenting differed from how you were raised?

What would you like them to have learnt from you?

What would you like them to know?

What foreign languages have you tried to learn?

What language would you have liked to speak?

What was the most memorable family vacation that you took? Where and when?

Who is your best friend now?

How long have you known them and how did you meet?

What do you have in common?

My Relationships with others

My Father

What is your Father's name?

When and where was he born?

Where did he live whilst he was growing up?

What are the names and birth dates of his brothers or sisters?

What was his occupation?

What special skills or talents did he have that are memorable to you?

What did you inherit from him?

What was the most important thing that you learnt from him?

What did he do for fun or a hobby?

What did you admire most about him?

What did you find most challenging about him?

Where is he now?

What would you want him to know?

My Mother

What was your Mother's maiden name?

When and where was she born?

Where did she live whilst he was growing up?

What are the names and birth dates of her brothers or sisters?

What was her occupation?

What special skills or talents did she have that are memorable to you?

What did you inherit from her?

What was the most important thing that you learnt from her?

Did you go on a Honeymoon and if so where?

What decisions were made regarding children?

If you have no children of your own, which children are important to you and who are they?

Write the addresses of all the places that you have lived as an adult and write some memorable feature about each residence?

What was memorable about each neighborhood?

List and describe the principle places that you have visited on vacation or on business:

What foreign languages do you speak?

Adulthood

How many times have you been in love?

What do you find important:
(choose in order of importance 1-7)

Physical attractiveness _____

Intelligence _____

Financial security _____

Kindness _____

Sense of humour _____

Helpfulness _____

Something else _____

Were you the first to use the L word?

If you married, how many times and to whom?

How did you meet?

When and where did you marry?

Describe the proposal:

What did she do for fun or a hobby?

What did you admire most about her?

What did you find most challenging about her?

Where is she now?

What would you want her to know?

What do you know about how your parents met, fell in love, married at what age, where, when?

My Siblings

What are your siblings names and birth dates?

Where are you in birth order?

How did you get along?

My Grandparents

Mother's parents names

When and where were they born?

What did you call them?

How well did you know them and what do you remember about them?

What were their occupations?

What else do you know about their family?

Fathers parents names

When and where were they born?

What did you call them?

How well did you know them and what do you remember about them?

What were their occupations?

What else do you know about their family?

Are you aware of any family stories or legends? Historical connections? Secrets?

Other relatives

Are there any extended family who played an important part in your life? Who, when and how?

What did family members say about you as a child?
