



My  
Life  
Book



This is a book all about me.

These are the chapters of my life.

All about me



MY Birth  
Family



Foster Care



Moving on to  
Adoption



★ All

About

Me★



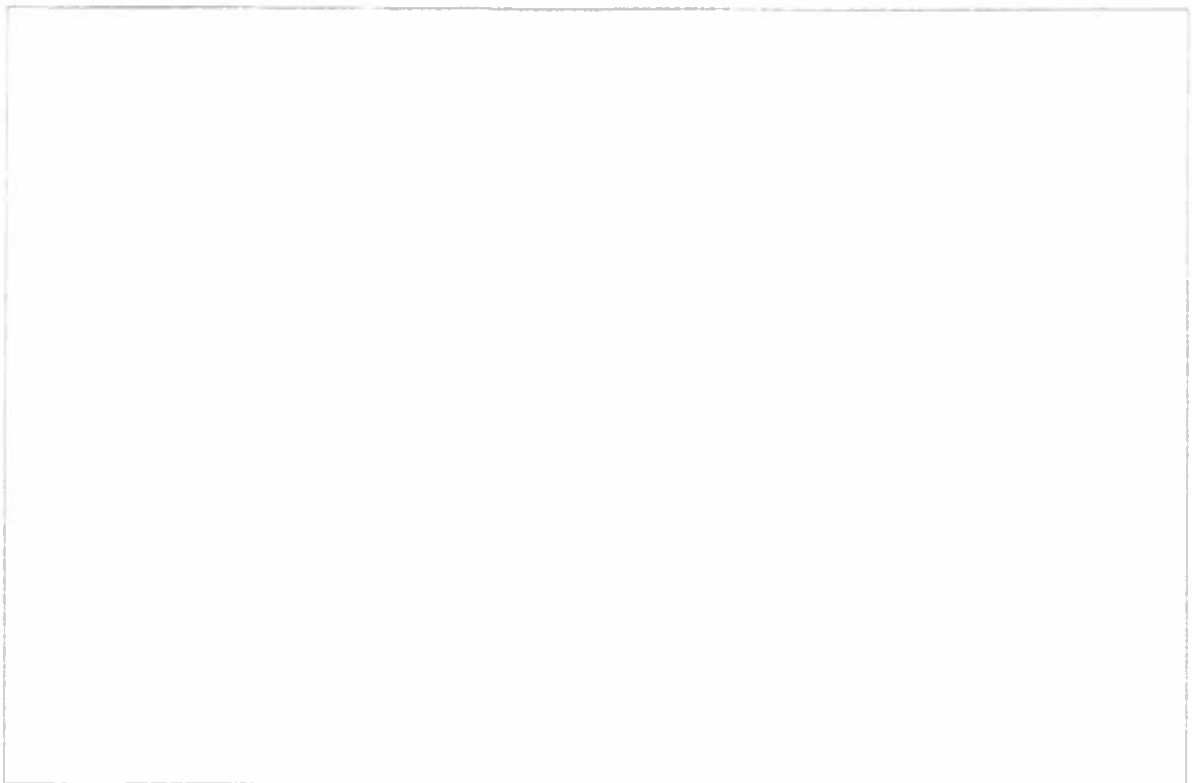
My name is \_\_\_\_\_.

My birthday is \_\_\_\_\_.

I have \_\_\_\_\_ hair.

I have \_\_\_\_\_ eyes.

Here is a cute picture of me!



# SOME THINGS I LIKE... AND SOME THINGS I DON'T!

Foods I like

Foods I don't like

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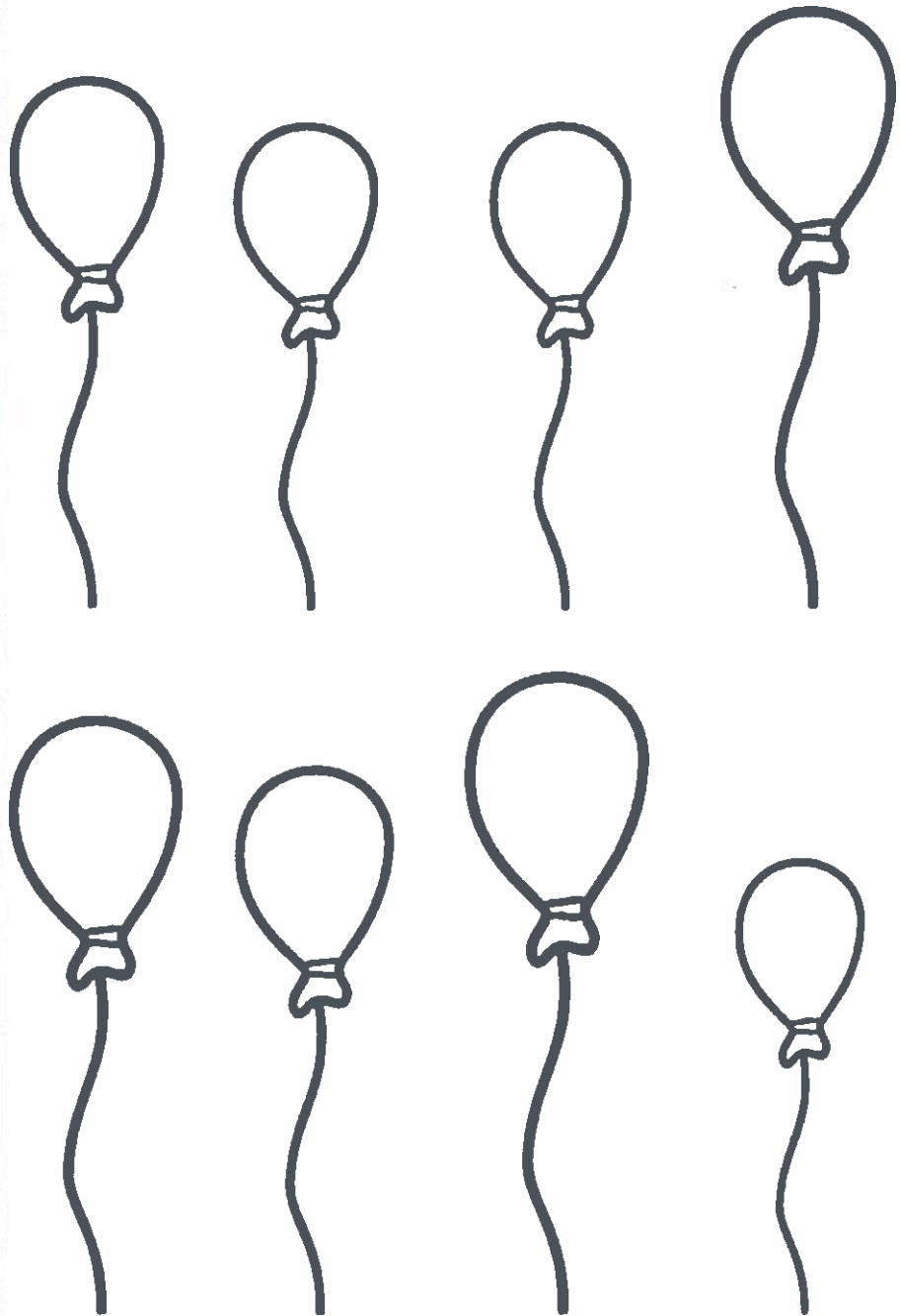
This is my favorite...

1. Color: \_\_\_\_\_
2. Toy: \_\_\_\_\_
3. Game: \_\_\_\_\_
4. Cartoon: \_\_\_\_\_
5. Movie: \_\_\_\_\_
6. Subject in School: \_\_\_\_\_
7. outdoor Activity: \_\_\_\_\_
8. Pet (or animal): \_\_\_\_\_
9. Friend: \_\_\_\_\_
10. Chore: \_\_\_\_\_

# I am Special

words that best describe my personality are...

- Happy
- Funny
- shy
- Nice
- sweet
- quiet
- Loud
- Talkative
- strong-willed
- sensitive
- out-going
- curious
- Mischievous
- Active
- Athletic
- Kind
- Aggressive
- Helpful
- Excitable
- Loving
- Thoughtful
- Energetic



# IT'S IMPORTANT TO HAVE GOOD SELF-ESTEEM!!!

Nobody's perfect! Everyone makes mistakes, but that's only a very small part of who they are. Everyone has unique, wonderful gifts and talents that make them special.

- The very best thing about me is

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- People compliment me on

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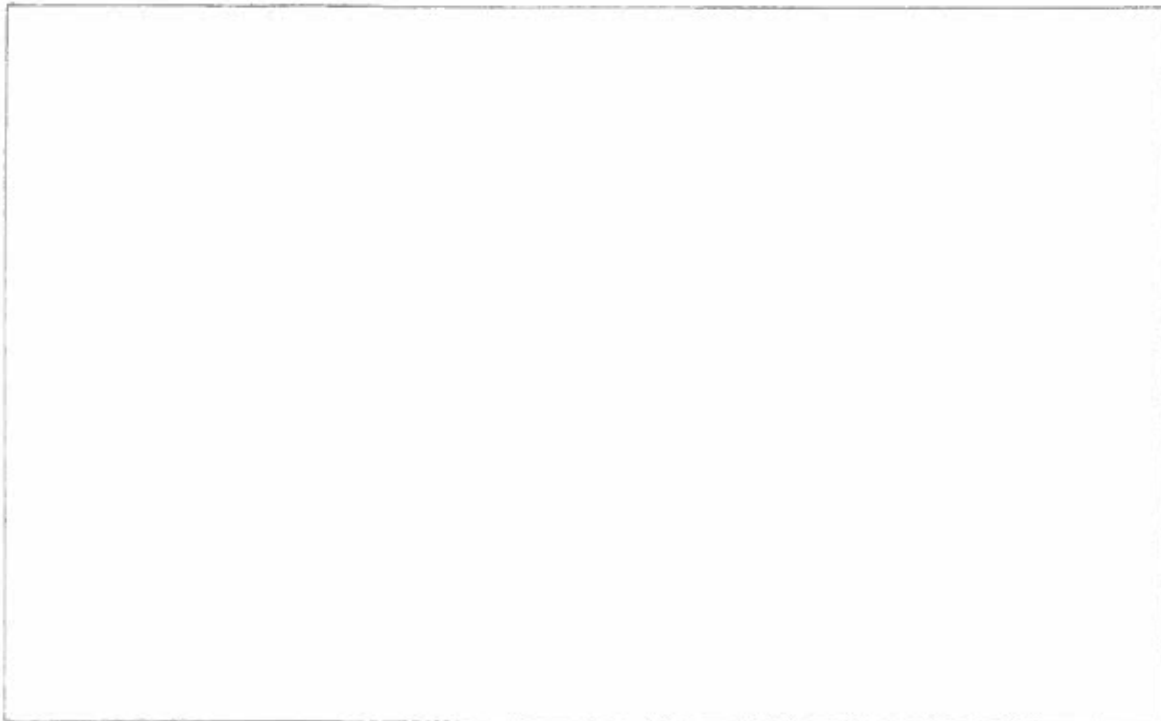
- I make myself proud when I

---

- I am good at

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Here is a picture of me \_\_\_\_\_





I have many people who love me and care what happen to me. They think lots of nice things about me. Here is what they had to say...

My caseworker is: \_\_\_\_\_

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My foster parent(s) is/are: \_\_\_\_\_

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My teacher is: \_\_\_\_\_

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My friend is: \_\_\_\_\_

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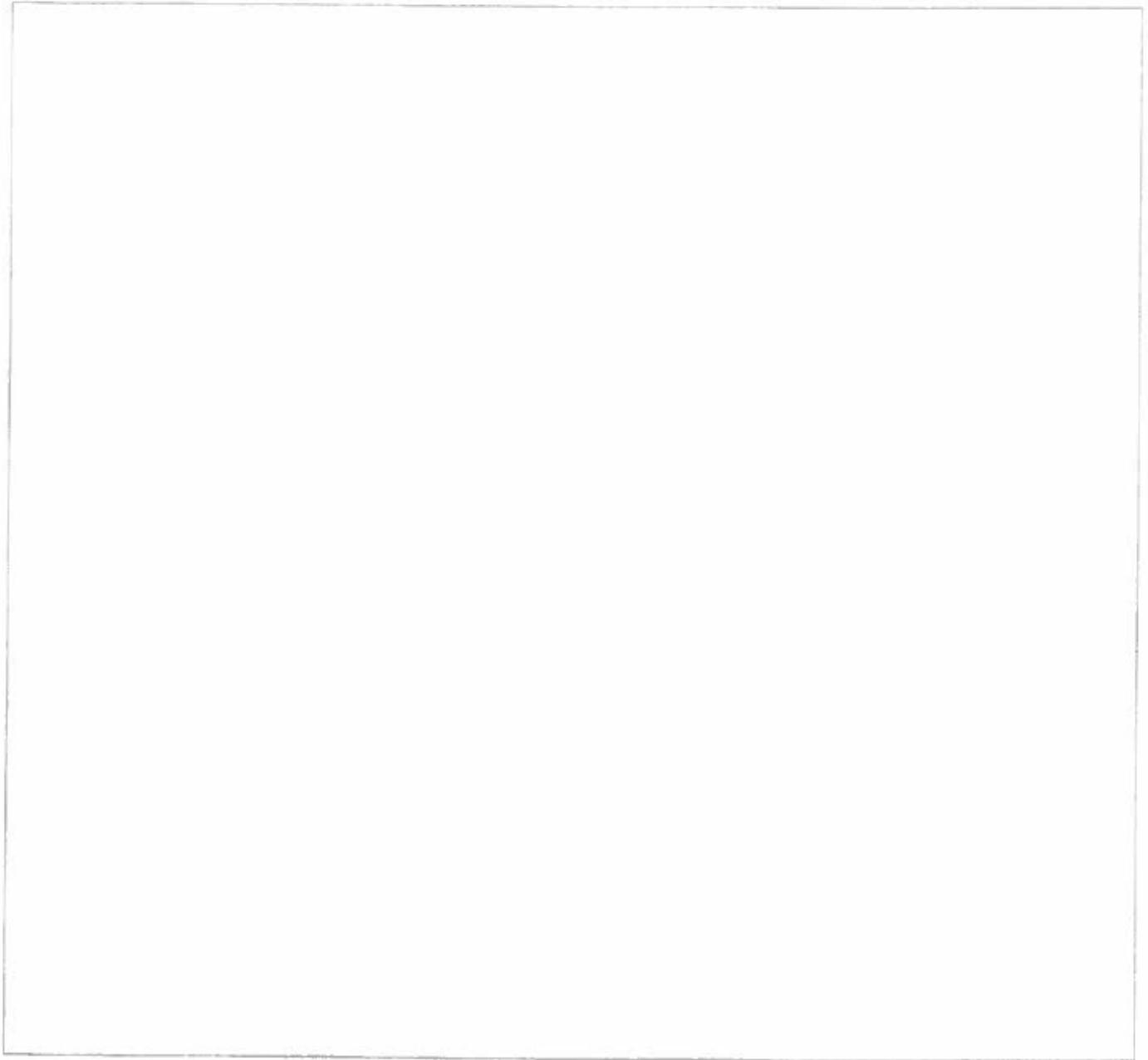
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# When I grow up I want to be...



Here is a picture of me being a

\_\_\_\_\_.

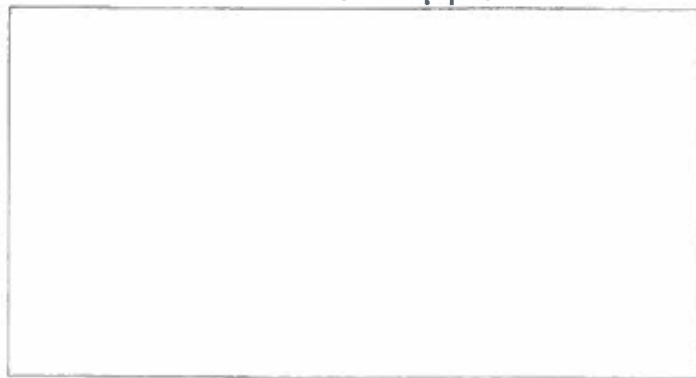
# FEELINGS ARE AN IMPORTANT PART OF ME!!

Everyone has feelings, and it's good to know what they mean. Sometimes if I talk about them or write them down, it makes me feel better.

I feel happy when \_\_\_\_\_

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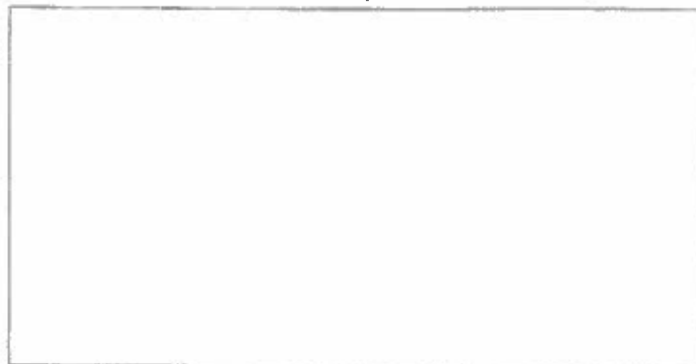
Here is my happy face:



I feel sad when \_\_\_\_\_

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Here is my sad face:



I feel angry when \_\_\_\_\_

Here is my angry face:



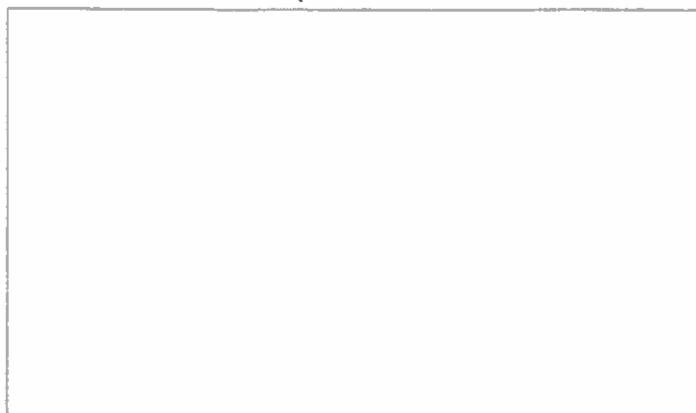
I feel scared when \_\_\_\_\_

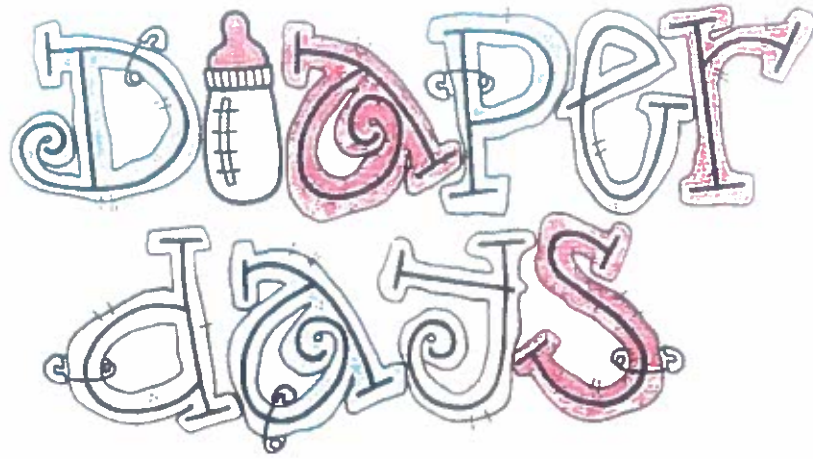
Here is my scared face:



I feel excited when \_\_\_\_\_

Here is my excited face:





I am a very special baby  
who is growing so fast everyday.

The first time I ...

Cooed \_\_\_\_\_

Grasped things \_\_\_\_\_

Smiled \_\_\_\_\_

Rolled over \_\_\_\_\_

Sat up \_\_\_\_\_

Ate solid foods \_\_\_\_\_

Crawled \_\_\_\_\_

Pulled up \_\_\_\_\_

walked \_\_\_\_\_

My very first word was \_\_\_\_\_ on \_\_\_\_\_

\_\_\_\_\_

# It's My birthday!

BIRTHDAYS ARE A BLAST!!!

I have had \_\_\_\_\_ birthdays.

A special memory I had from my \_\_\_\_\_ birthday was

\_\_\_\_\_.

My favorite part about having a birthday is

\_\_\_\_\_.

My favorite kind of birthday cake is \_\_\_\_\_.

If I could have any kind of birthday celebration it would be like this:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.



draw or insert a birthday picture.

# SCHOOL DAYS

I am in the \_\_\_\_\_ grade.

I attend \_\_\_\_\_ school.

My teacher's name is \_\_\_\_\_.

My favorite subject in school is \_\_\_\_\_ and my least favorite subject is \_\_\_\_\_.

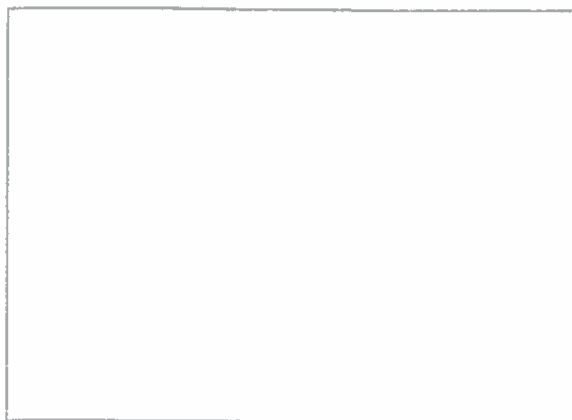
My favorite activity is \_\_\_\_\_.

My friends and I like to \_\_\_\_\_ at school.

A special memory I have from school is \_\_\_\_\_.

The thing I need to work on in school is \_\_\_\_\_.

It is important for me to do my best in school because \_\_\_\_\_.



Draw or  
insert a  
school picture.

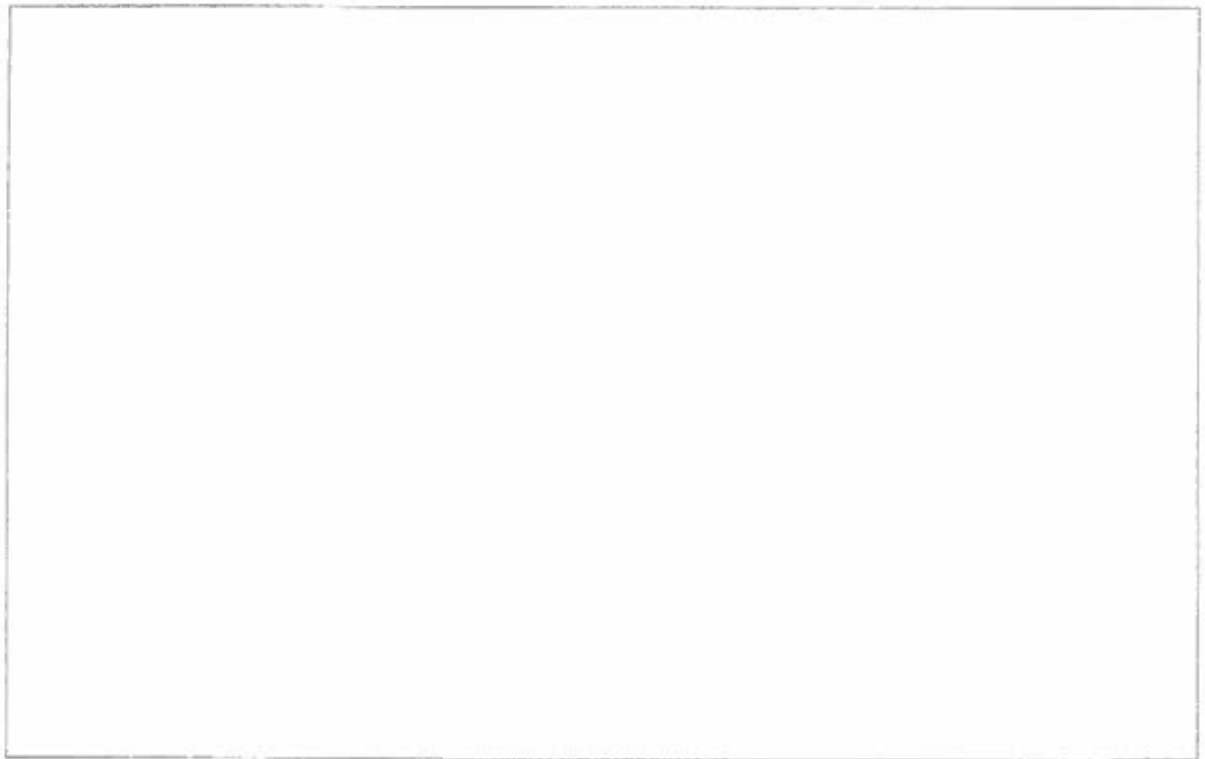
# HOLIDAYS ARE SPECIAL DAYS...

My favorite holiday is \_\_\_\_\_

what I like most about this day is \_\_\_\_\_  
\_\_\_\_\_

A special memory of a holiday I celebrated with my biological family is \_\_\_\_\_  
\_\_\_\_\_

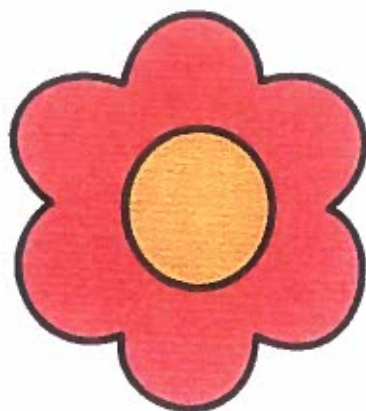
A special memory of a holiday I celebrated with my foster family is \_\_\_\_\_  
\_\_\_\_\_



Draw or insert a holiday picture.



My  
Birth  
Family



# Family Tree

\_\_\_\_\_  
My Name

\_\_\_\_\_  
Sibling

\_\_\_\_\_  
Sibling

\_\_\_\_\_  
Sibling

\_\_\_\_\_  
Sibling

\_\_\_\_\_  
Mother's Name

\_\_\_\_\_  
Father's Name

\_\_\_\_\_  
Grandmother's Name

\_\_\_\_\_  
Grandmother's Name

\_\_\_\_\_  
Grandfather's Name

\_\_\_\_\_  
Grandfather's Name

\_\_\_\_\_  
Birthdate

\_\_\_\_\_  
Weight

\_\_\_\_\_  
Length

# My Birth Mom

My birth mother's name is \_\_\_\_\_.

She was born \_\_\_\_\_ in \_\_\_\_\_.

Her hair is \_\_\_\_\_ and her eyes are \_\_\_\_\_.

My birth mother has \_\_\_\_\_ brothers and \_\_\_\_\_ sisters.

Medical things I know about my birth mother:

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Likes and Dislikes:

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What I remember about my mom:

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# MY BIRTH DAD

My birth father's name is \_\_\_\_\_.

He was born \_\_\_\_\_ in \_\_\_\_\_.

His hair is \_\_\_\_\_ and his eyes are \_\_\_\_\_.

My birth father has \_\_\_\_\_ brothers and \_\_\_\_\_ sisters.

Medical things I know about my birth father:

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Likes and Dislikes:

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What I remember about my dad:

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BROTHERS

&

SISTERS

I have \_\_\_\_\_ brothers and \_\_\_\_\_ sisters.

Their names are:

Here are some neat things about my siblings:

These are things we like to do together:

This is where my siblings live:

THINGS I REMEMBER ABOUT MY BIRTH



Traditions:

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Pets:

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Places we lived:

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Things we did together:

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*Pictures of My Birth*

# Family

OTHER PEOPLE WHO ARE  
IMPORTANT TO ME...

(pictures)



# why I don't live with my birth family

Some people who have worked with me and my birth family have made decisions to try and keep me safe. These people are caseworkers, CASA volunteers, foster parents, attorneys, judges, and therapists. I may not fully understand why these decisions were made, but all of these people were thinking of my best interest.

I don't live with my birth family because:

- \_\_\_\_\_ MY birth parents were not married
- \_\_\_\_\_ MY birth parents were too young
- \_\_\_\_\_ They were not ready to be parents
- \_\_\_\_\_ They had children before me whom they could not care for either.
- \_\_\_\_\_ MY birth parents were without an education
- \_\_\_\_\_ They had no money or no job
- \_\_\_\_\_ MY birth mother/father was sick
- \_\_\_\_\_ MY birth mother/father was addicted to drugs or alcohol
- \_\_\_\_\_ They could not take care of themselves
- \_\_\_\_\_ MY birth parents had grown up problems such as:

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This is how I feel about that

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ALL PARENTS HAVE PROBLEMS.



SOME ARE LITTLE.

SOME ARE VERY BIG.



PARENTS TRY, BUT SOME PROBLEMS ARE  
NOT EASY TO SOLVE.

My  
Journey  
Through  
Foster  
Care

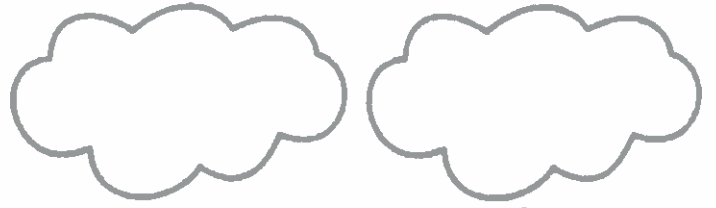
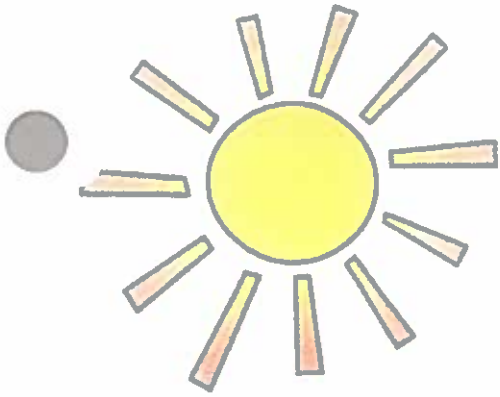




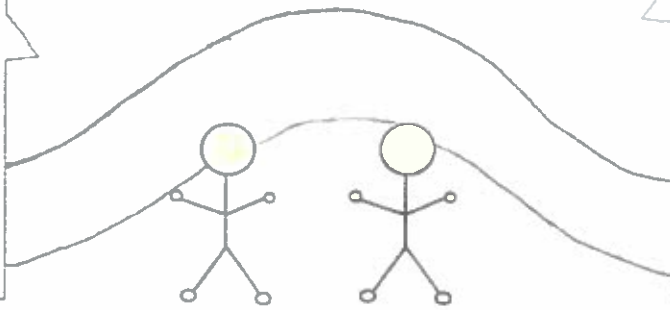
Map of

my

Journey

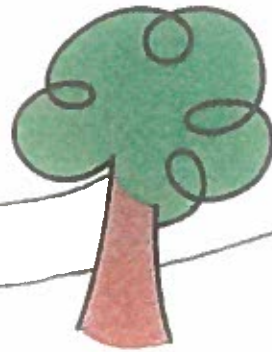


Birth  
Family  
Home

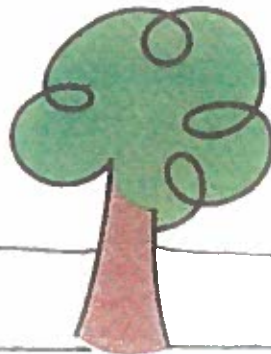
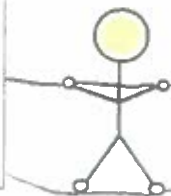


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Name  
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Address  
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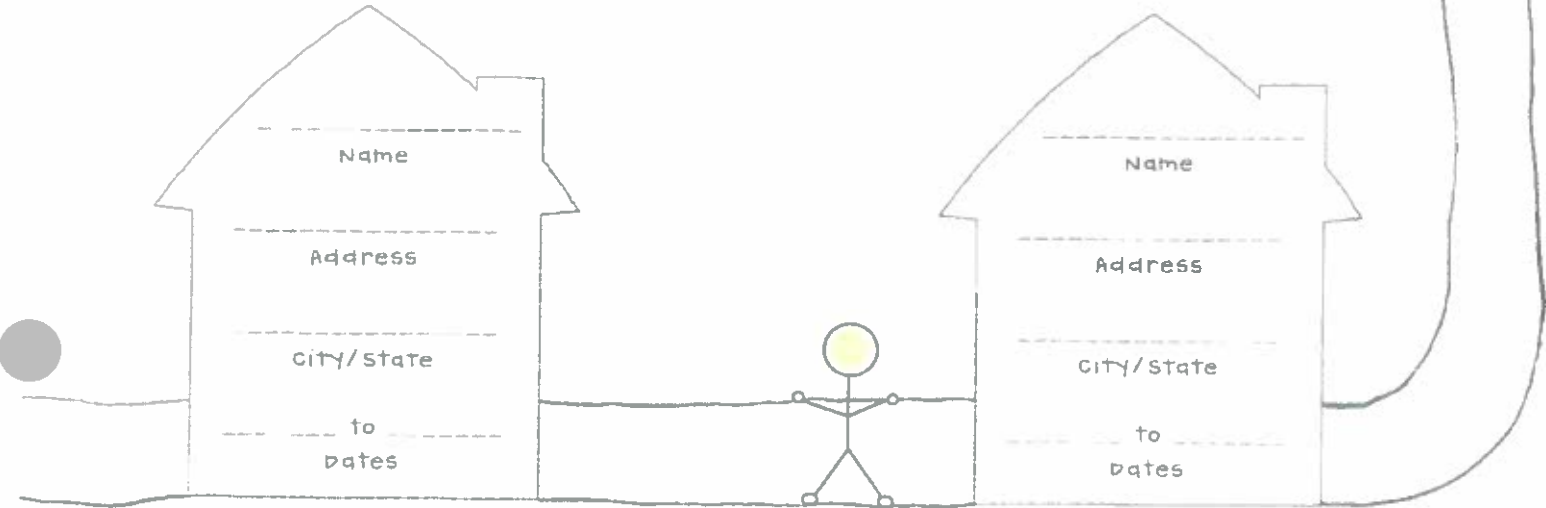
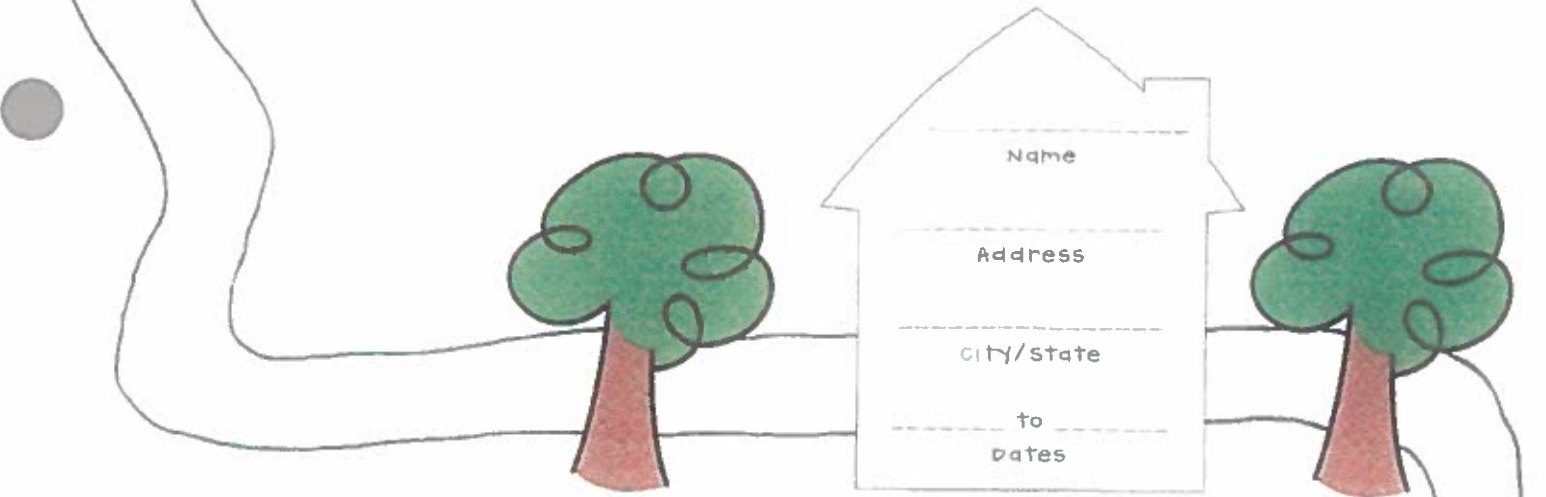
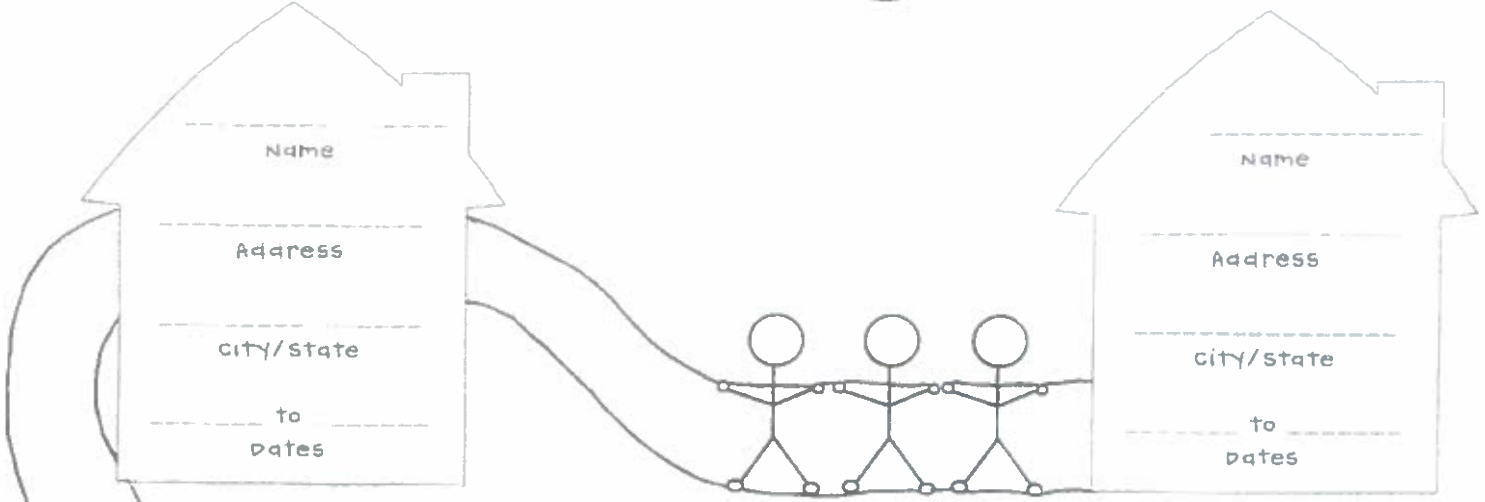
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to  
Dates



# PLACES I HAVE LIVED

When I was \_\_\_\_\_, I moved to \_\_\_\_\_ and lived with \_\_\_\_\_  
city/state

\_\_\_\_\_. I moved there because

\_\_\_\_\_. I lived there for

\_\_\_\_\_. What I remember about this home is

Some of my friends were \_\_\_\_\_.

The school I attended was \_\_\_\_\_.

I left there because \_\_\_\_\_.



When I was \_\_\_\_\_, I moved to \_\_\_\_\_ and lived with \_\_\_\_\_  
city/state

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\_\_\_\_\_. I lived there for

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city/state

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\_\_\_\_\_. I lived there for

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The school I attended was \_\_\_\_\_.

I left there because \_\_\_\_\_.



When I was \_\_\_\_\_, I moved to \_\_\_\_\_ and lived with

city/state

\_\_\_\_\_. I moved there because

\_\_\_\_\_. I lived there for

\_\_\_\_\_. What I remember about this home is

Some of my friends were \_\_\_\_\_.

The school I attended was \_\_\_\_\_.

I left there because \_\_\_\_\_.

PICTURES OF MY

FOSTER FAMILIES

# Precious Memories

*Foster Parents Memories of Me*

© 2000-2001, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100

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*Pictures of*

● **Important People and Places**

*Along my Journey*



# Moving on to Adoption



# A FAMILY JUST FOR ME

When I think about an adoptive family, these are some things I think about...

- \_\_\_\_\_ single mom
- \_\_\_\_\_ single dad
- \_\_\_\_\_ two moms
- \_\_\_\_\_ two dads
- \_\_\_\_\_ parents of the same color
- \_\_\_\_\_ parents of a different color
- \_\_\_\_\_ mom & dad
- \_\_\_\_\_ parents that work
- \_\_\_\_\_ mom or dad that stays home

Do I want brothers and sisters?

- |                        |                       |
|------------------------|-----------------------|
| _____ Younger brothers | _____ Younger sisters |
| _____ older brothers   | _____ older sisters   |
| _____ just me!         | _____ babies          |

home  
sweet  
home

where are some places my adoptive family  
may live...(circle)

THE BIG  
CITY

  
COUNTRY



*Out of State*

SMALL  
TOWN





I hope my new family likes... (circle)

- |         |          |          |             |
|---------|----------|----------|-------------|
|         | dogs     |          | donkeys     |
| cats    |          | goats    |             |
|         | birds    |          | sheep       |
| snakes  |          | pigs     |             |
|         | bugs     |          | turtles     |
| bugs    |          | fish     |             |
|         | hamsters |          | guinea pigs |
| rabbits |          | lizards  |             |
|         | cows     |          | iguanas     |
| horses  |          | chickens |             |
|         | ducks    |          | ferrets     |



# I Hope My New Family Likes...

Picnic

CAMPING

fishing

church

SPORTS

movies

SKIING

#outdoors

bowling

out to eat

BEACH

SKATING

BBQ

MINI GOLF

READING

HIKING

amusement parks

# I Hope My New Family Is...

quiet

nice

old

young

funny

creative

exciting

active

loud

# This is How I Feel About Adoption...

Draw a face next to the word that tells  
how you feel

scared/frightened nervous

anxious

excited

happy

confused

sad

worried

# moving to an adoptive home will be...

## Exciting

not having to move again

decorating my room

getting a new family to call  
my own

meeting new friends

spending holidays together

creating new memories

learning new things

## Scary

changing schools

saying goodbye to friends

learning new rules

sleeping in a different bed

leaving pets

missing foster parents

not being with my siblings

Being adopted does not mean  
that I leave my past behind..

Here's a page where I can treasure my memories  
(pictures, letters, drawings, poems, cards)



My caseworker is working really hard to find the best family for me. Once they have found the best family, my caseworker will show me pictures of the family, their home, and their memories.



# MY ADOPTION DAY

Date: \_\_\_\_\_

Place: \_\_\_\_\_

Who Came: \_\_\_\_\_

Judge's Name: \_\_\_\_\_



My New Name: \_\_\_\_\_

How we celebrated: \_\_\_\_\_

\_\_\_\_\_



# My New Family Tree

My Name

Sibling Sibling

Sibling Sibling

Mother's Name Father's Name

Grandmother's Name Grandmother's Name

Grandfather's Name Grandfather's Name