

HOW TO WRITE YOUR LIFE STORY

Worksheet 1- BIRTH AND BACKGROUND

Your Name: _____

Does your name carry any significance?

eg. A family name, you were named after....

Your Date of Birth: _____

Where were you born? _____

Hospital if know, otherwise town/state/country

Any significant story(s) to share about your birth, your mother's pregnancy?

What was the world like when you were born/a young child?

- World events
- Economy

Do a bit of research as to what was going on in the world at the time you were born. This can add context and interest to your story.

Father's Name: _____

Date of Birth: _____

Place of Birth: _____

Father's Father: _____

Father's Mother: _____

Where did your father grow up? What was his childhood like? Any significant childhood achievements or stories shared with you?

Mother's Name: _____

Date of Birth: _____

Place of Birth: _____

Mother's Father: _____

Mother's Mother: _____

Where did your mother grow up? What was her childhood like? Any significant childhood achievements or stories shared with you?

Where did your parents meet? _____

Where and when did your parents marry? _____

Sibling 1

Name: _____

Date of Birth: _____

Sibling 2:

Name: _____

Date of Birth: _____

Sibling 3:

Name: _____

Date of Birth: _____

Sibling 4:

Name: _____

Date of Birth: _____

Where do you fit into the family? _____
Oldest, middle, youngest

Any significant birth or childhood stories to tell about any of your siblings?

What was your family life like?

- Father's occupation
 - Mother's occupation
 - Relationship with your parents
 - Relationship with your siblings
- Focus particularly here on how your parents and siblings related to you as a baby and young child
