

About Me

Recording Notes & Memories



Find a pen and paper, a recorder or perhaps a video camera and nestle down into a comfortable chair, under the covers or on the porch swing. You are about to create a treasured legacy, a gift from your heart.

It may be helpful to take some time to review this booklet and make a few personal notes to expand upon later. Involving family or friends can add details you may overlook and enrich the experience. Not a writer? Perhaps you can use this booklet to open windows of conversation.

You are the keeper of the memories and guardian of your hopes and dreams. Only you can weave those special thoughts of your personal journey into a distinctive fabric that reflects the color and brilliance of your life.

Basic Facts

Date of birth

Place of birth

Eye color

Hair color

Height

Identifying features

Shoe size



Nick name

Maiden name

Places I've lived

My Relationships

Parents

Grandparents

Brothers and sisters

Aunts & uncles

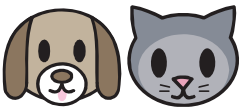
Cousins

Friends and foes

Best friends

Neighbors

Romantic interests



Pets

Stages of Life

What I was told about my infancy



Childhood memories

Elementary School years



Middle School years

High School years

College years

Training and classes

Stages of Life

My first job (and what I got paid!)

Living on my own for the first time

Work history

Military service

Volunteer experiences

My thoughts on aging

Family Life

Our family traditions

Favorite meals

Best weekend activities

Birthdays



Holidays

Vacations

Favorite memories of the kitchen, attic, garage, porch and backyard

Adventures, trips, travels



About Me

Memorable firsts

Strengths

Weaknesses/challenges

Pet peeves



Talents

Hobbies

Turning points

Astonishing coincidences

Favorite Things

Toys

Books



Poems

Games

Sports

People

Music/songs



Dance

More Favorite Things

Art

Jokes

Food/snacks

Recipe



Movie

Television shows



Seasons

More Favorite Things

Weather

Animals

Sayings

Mottoes

Flowers



Clothes

Scent or perfume

Thoughts on...

Spirituality

Nature and the environment



Health

Money

Education

Value of family



Greatest accomplishment

Thoughts on...

Greatest regret

Philosophy on life

Single life, marriage and divorce

What home means



Secrets

Making decisions

Your reputation

Dying

Thoughts on . . .

Politics



Fantasies

Dreams



Hopes

Wishes

What I would have liked to do

What I hope for you

My legacy to you

Other random thoughts

Legacies



Record your handprints



Create a memory box



Contribute to charity



Plant a tree



Tell your favorite story



Write a letter



Tell a joke



Record your voice



Make a photo album

Other Legacies



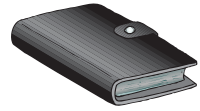
Say a prayer



Make a collage



Start a YouTube channel



Keep a journal



Video record yourself



Make your Fingerprints



Make a scrapbook



Self-publish a book

Phone numbers and addresses . . .

A stylized logo consisting of three green leaves and a purple stem with a small flower-like shape at the top.

Life with Cancer[®]

Life with Cancer's mission is to enhance the quality of life of those affected by cancer by providing information, education and support. We provide programs and services at no cost and rely on philanthropic contributions from corporations, foundations and individuals to provide world-class cancer care, close to home.

Life with Cancer is part of Inova Health System, a not-for-profit health care system in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

For information about Life with Cancer call 703-698-2526 or visit our website, www.lifewithcancer.org



Life with Cancer Family Center
8411 Pennell Street
Fairfax, VA 22031

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