











## Introduction

What our family members and friends often aren't aware of is our life story from our younger years.

This book is for you to give some thought to, and to record and share your memories.

How would you like to be remembered?

What if you could be a comfort even after you're gone?

Maybe give people a reason to smile... Or better, to laugh?

What if you could leave behind memories that everyone could cherish?

What a remarkable legacy that would be.

Sometimes the greatest comfort is to be wrapped securely in our memories.

## Baby Me

Iwas	born on
The p	place I was born is
The c	day and time I was born on
Iweig	ghed

# MyFamily

Му ра	arent's names were
Му ра	arent's bithdays were



Му ра -	arents were born in	
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My br - -	rothers and sisters were called	
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My far - -	vourite Uncle/Aunty/Family friend was	
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My grandparents' names were	
Ty grandparents maries were	
My grandparents were born in	
	60000

#### Family Memories

CI S/ II IC	nas are	ies of growing up with my brothers
 ır favou	rite way to celel	orate Christmas was
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ır favou	rite way to celel	orate Christmas was
ir favou	rite way to celel	orate Christmas was
ır favou	rite way to celel	orate Christmas was

e fir	irst thing I ever watched on television was	
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nen	n I was a teenager, at the weekends I used to	
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nen _	n I went to my grandparents' house, I loved to	
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#### School Memories

fy first school was
fy high school was
ly favourite teacher was

y fav -	ourite subject was
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	大学 (1)
ked -	to play the following sports at school
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other activites I enjoyed at school were	
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ed to travel to school by	
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reports I used to get from school were	
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### Milestones

My first — —	car was
— I was ta —	ught to drive by
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I left ho	ome when I was And went to live
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The	best hair style I ever had was
The b	est outfit I ever had was
My fii	est love was
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The biggest adventure I had was	
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# My Last Wishes

Often, people say they 'Don't want a fuss' or 'Put me in a cardboard box'. But what about the people who are left behind? What do they need? What do they want?

Grief is a difficult thing and a funeral, in whatever format it comes, is a huge part of the grieving process for family and friends. It is an event where people come together to remember, share stories, cry, laugh and get human to human contact in their grief. In short, it's important, and although it's about you, it's not for you.

Sure, there are all the official and technical things that need to be sorted but what else? Doves? Bright colours? Bagpipes? Flowers from your back garden? (Almost) anything is possible.

Make it special. Make it about you; for them.

My will	is located
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My pre	eference is for a funeral at
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I'd like	to be (Cremated, Buried).
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This	is the music I'd like played at my service
'd lik	te these flowers if they are in season

	read at my	SCI VICC	

es	e are the other things I'd like to happen















