

my life story

celebrating who I am



my journey

Include a copy of your birth certificate (if you have one) and photos of you from past and present. Include special memories and stories that only you can tell. Include nicknames. Label and date everything.



truth
anchor

I am treasured and my life matters.
I was created for a wonderful purpose.
There are people in my life guiding me,
helping me and believing in me.

my family tree

Fill in the tree below with names of all members of your birth family that you wish to include. If English is not your first language, feel free to use your native language for your birth parents. Fill in the tree on the next page with names of your adoptive family members.



Scripture



I have two families that are important.

my family tree



Scripture



I have two families that are important.

let's mix it up

Celebrate your heritage with maps, photos of foods or traditions from your birth culture, and so on. With your parents, brainstorm ideas about what to include, and consider going online together to see what you can find. Include any keepsakes and photos that you've collected during travel to your new country or town.



I am _____ (Latino, African, Russian, Asian, etc.)

My parents are _____ (German, Italian, Asian, African, etc.)



We celebrate who we are and where we came from in our family. Knowing who I am is good and right, and I can celebrate and be proud of my heritage.

people I care about...

(and who care about me)

Capture photos of important people in your life, such as parents, grandparents, siblings, a trusted counselor, friends, teachers, coaches, your youth group leader or caseworker. Remember people who cared, who stepped in to help, showed support and lent a listening ear when it mattered most. Add additional pages as new people come into your life.



I am surrounded by people who care about me, my future and my happiness. They see something in me.

I must get it from . . .

How are you and your parents alike or different? Remember or imagine how you are similar to or different from your birth parents, too. Ideas may include: smile, love for music, leadership qualities, sense of humor, athletic ability, compassion for others, academic drive and favorite foods.



I have two families that are a part of who I am and who I become, and I'm my own person filled with gifts, talents and potential.

I remember . . .

Collect special photos of, letters from or stories about birth parents or members of your birth family or foster family.



It is OK to remember, ask questions about and care about my birth family.

on my mind

Express what's on your heart; ask questions and open up.
Tell it like it is.

Scripture

truth
anchor

My feelings matter.

photo gallery

Place photos from school, athletic events, faith events, time spent with friends, previous homes, caregivers and so on. Add additional pages as needed.



My memories are important.

dear birth mom, dear birth dad:

(what I would tell them if I could)

Imagine, ponder and pray about your birth parents, and describe what is on your heart through words or artwork. A few possibilities: "I am in good hands"; "I think of you"; "Thank you for my life"; "Why?"; "I hope you are OK."



truth
anchor

There are things I wish I could say, questions I'd like to ask, and that's OK.

I am loved

Parents: Write a love letter to your child. Perhaps this letter will include a special Bible verse and a prayer, even your hopes and dreams for your child and his or her future.

Scripture

truth
anchor

I am received, accepted, loved,
and I belong.

my future hopes & dreams

Make notes about your goals, such as college, marriage and family, travel and making a difference. Continue to add to this page over time.



I have hopes and dreams and a future that is bright.