My Lifebook

A guide to building my story, one page at a time.

Child's name: _____

Date started: _____

Made by: _____ with _____

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A place for my photo or drawing

Why a Lifebook?

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My lifebook tells the story of where I came from, and who has cared for me. I can add as many pages as I like.

It belongs to me.

My story will keep growing, and I can add to it whenever I'm ready.



A book I can keep adding to

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- [ ] Choose a 3-ring binder or scrapbook.
- [ ] Keep it somewhere I can reach.
- [ ] Leave room to add or rearrange pages.
- [ ] This book belongs to me.

My book will live here:

_____

My story matters!



My story, from the beginning

We can talk about every chapter, even when some details are still unknown.

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Every part of your story matters. This timeline helps us celebrate where you've been and all that's still ahead.



When I was born:



Places I have lived:



People who cared for me:



Schools, daycares, and pets:



A memory I want to keep:

Your story is unique, important and always worth sharing.

Big moments. Small moments. They all belong here.

My beginnings

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My story started long before today, and these people, places and traditions are part of what makes me, me.

I was born on: _____

I was born in: _____

What I know about my birth family:

Traditions or heritage I want to remember:

How we talk about my family and my care plan right now:

We can keep learning together and add to this page later.

People who cared for me





Many people have helped care for you along your journey. This page is a place to remember the homes, caregivers and others who made a difference in your life.

Home or caregiver	Dates	Memories, stories, or photos	Goodbye note?

Someone I would like to remember: _____

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Joining my family and keeping important papers.

I am part of an adoptive family.This is a new chapter in my life, and these important records help tell my story and keep me safe and supported.

A memory from the day I joined my family:

_____

_____

_____

_____

_____

Important papers checklist

- [ ] Birth certificate
- [ ] Medical records
- [ ] School records
- [ ] Placement photos
- [ ] Photos from the day I joined my family



My important papers are kept:

_____

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Hard things, shared with care



We can speak honestly, kindly, and without blame.
A social worker or therapist can help us find the right words.

Topic	What we say now	Keep for when I'm ready?	When we can revisit it

It's okay to take things at your pace.
Some stories are hard, and that's okay.

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All about me, today

My story. My voice. My next chapter.

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A drawing or photo of me

This is me!
(Draw or add a photo)

I am important.

My name means:

Something I am proud of:

People who love me:

My favorite things:

A question I have about my story:

My story is still growing

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Something I want to remember next:

A hope or dream I have:

Photos, art, notes or anything I want to add:

I can come back to this book whenever I want.

APAC

Alabama Pre/Post Adoption Connections

a Program of Children's Aid Society of Alabama

As an adoptee with lived experience in Alabama's foster care, I have access to APAC's free adoption-competent counseling.

I know I can reach out to them, even as an adult.

APAC Counseling

APAC is a collaborative effort between Children's Aid Society of Alabama & Alabama DHR.
We offer information, support and resources to strengthen & empower Alabama's adoptees, adoptive families and the professionals who serve them.