



About Me



Recording Your Life History

“In all the millions of people that inhabit this planet we call earth, there is only one of you. You are unique in all the world.”

- Unknown



INOVA[®] CANCER
SERVICES



Life with Cancer



Find a pen and paper, a cassette 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 list 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

Height

Hair Color

Eyes

Identifying Features

Shoe Size

Nickname

Maiden Name



Relationships

Parents

Children

Siblings

Grandparents

Aunts, Uncles and Cousins

Friends and Foes

Best Friends

Romantic Interests

Neighbors

Heroes, Idols and Mentors

Pets



Family Life

Our Family Traditions

Meals

Weekends

Birthdays



Holidays

Vacations

Adventures, Trips and Travels

The Kitchen, Attic, Garage, Porch and Backyard

Stages of Life

Pregnancy

Infancy

Childhood



Elementary School years

Middle School Years

High School Years

College Years

Training and Classes

Adulthood

Work Experience

Military Service

Volunteer Experiences

Aging

About Me

Memorable Firsts

Strengths

Weaknesses

Talents

Hobbies



Pet Peeves

Turning Points

Astonishing Coincidences

Favorite Things

Toys

Books

Poems

Games



Sports

More Favorite things

Music / Songs



Dance

Art

Jokes

Food

Recipe

Movies

Television Shows



Seasons

Weather

Animals

Sayings

Mottoes

Flowers

Clothes

Thoughts On . . .

Spirituality



Nature and the Environment

Health

Money

Education

Value of Family

Greatest Accomplishment

Greatest Regret

Philosophy on Life

Single Life, Marriage and Divorce

What Home Means

Secrets



Making Decisions

More Thoughts On...

Your Reputation

Dying

Politics



Fantasies

Dreams

Hopes

Wishes

What I Would Have Liked to Do

What I hope for you

My Legacy to You

Other Legacies

Create a memory box



Tell your favorite story



Read a poem



Make a collage



Record your handprints



Make a photo album



Say a prayer



Keep a Journal



Video/record yourself



Tell a joke



Life with Cancer's mission is to enhance the quality of life by providing information, education and support.

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 home care, nursing homes, mental health services, physician practices, wellness classes, and freestanding emergency and urgent care centers. Governed by a voluntary board of community members, Inova's mission is to provide quality care and to improve the health of the diverse communities we serve.

For information about Life with Cancer call 703-776-2841 or visit our web site www.lifewithcancer.org

Life with Cancer
Inova Fairfax Hospital
3300 Gallows Road
Falls Church, VA 22042

Life with Cancer Family Center
2832 Juniper Street
Fairfax, VA 22031

©2005

Printed & Donated by

 **Lake Litho**
PRINTING & MARKETING SERVICES

10371 Central Park Drive
Manassas, VA 20110
703.631.1952
www.lakelitho.com



Life with Cancer
