MY LIFE STORY

A Legacy Journal By
MY STORY

This journal is dedicated to:

__________________________________________

DEDICATION

Our memories are a gift. I want to share mine with you, with the hope that my experiences and values will provide you with some life lessons and inspiration.

I offer this gift — the story of my life — to you with great love and affection.
MY BEGINNING

My full name is ________________________________________________________________
and I was born in (city, state, country, hospital name) ____________________________
____________________________________________________________________________
to (parents’ names) ____________________________________________________________

My earliest childhood memory, which has stayed with me all these years, is:
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

When I was growing up, my nickname was ________________________________
which I got because ________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
We are the sum of our experiences and the people who came before us. These are the people who made me who I am.

My family:

Name ___________________________ Relationship ________________
Name ___________________________ Relationship ________________
Name ___________________________ Relationship ________________
Name ___________________________ Relationship ________________
Name ___________________________ Relationship ________________
Name ___________________________ Relationship ________________
Name ___________________________ Relationship ________________
Name ___________________________ Relationship ________________

They were the kind of people who _________________________________________________
___________________________________________________________________________________
and taught me the importance of _________________________________________________
___________________________________________________________________________________
These are the adults who influenced my childhood ______________________________
___________________________________________________________________________________
The most interesting thing I remember about them is _____________________________
___________________________________________________________________________________
My best friend as a child was _____________________________________________________

We had so many good times together. We liked to ________________________________
___________________________________________________________________________________
___________________________________________________________________________________

When I think back on my childhood, one special memory comes to mind:
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

Many of the lessons I learned as a child have stayed with me throughout my life, including _____________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
Like most people, I’ve experienced love and loss. It’s not always easy to talk about, but I’ve tried to describe some of the relationships that have had the greatest impact on me.

My most significant relationship as an adult was with _____________________________
___________________________________________________________________________________

This person is special to me because _____________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

My greatest joy in life has come from _____________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

I’ve been fortunate to make some good friends along the way. I especially think about (friend’s name) _____________________________________________________________

What I treasure most about this friend is __________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
MY LIFE’S WORK

I found my first real job as a ________________________________

That experience taught me ________________________________

___________________________________________________________________________________

___________________________________________________________________________________

My favorite job was as a ________________________________

That experience taught me ________________________________

___________________________________________________________________________________

___________________________________________________________________________________

I was fortunate to have mentors along the way. I particularly remember (person’s name) ________________________________ because

___________________________________________________________________________________

___________________________________________________________________________________

My proudest accomplishment in life has been ________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

Looking back, I think what I like most about how I’ve spent my time is

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________

___________________________________________________________________________________
Every life is a journey. I’d like to share some of the most interesting moments I’ve had along the way — as well as some of the more challenging ones. Good or bad, they shaped my life and made me who I am.

I’ve lived in these cities, states and places: ______________________________________
___________________________________________________________________________________

Among the places I’ve lived, my favorite was ______________________________________

That’s because ___________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

I’ve also traveled. Some of my most memorable trips were to _____________________
___________________________________________________________________________________

And I’ve seen some wonderful sights. If I had to choose the most amazing I’ve ever seen, it would be _________________________________________________________________
___________________________________________________________________________________

I’ve also had some amazing experiences. One of my favorite life experiences was
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
It hasn’t all been easy, of course. I’ve faced some losses and difficult times, as well.

My biggest challenge was ______________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

which impacted my life by ______________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

When I look back at my life, what has been most fulfilling for me is ________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

I have a lot of good memories that I cherish to this day. One of my favorites is
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

As I look ahead to the future, some of the things I’d like to accomplish are
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
LIFE LESSONS

Every person has their own journey in life. Here are some things that I learned along the way.

The best advice I ever got came from ________________________________ who told me _______________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

It had a great impact on me because _________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Of course, our lives are also shaped by events. The event (historical or personal) that made the biggest impact on me was ________________________________ because
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

One quote, motto or saying that I have always found to be true is _______________
____________________________________________________________________________________
____________________________________________________________________________________

Taking everything I’ve told you into consideration, the most important life lesson I’d like to share is ________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
MY VALUES

When I reflect on my life and my legacy, I think about the values I’ve lived by. It’s important to me to pass them on to future generations.

In my own life, I have strived to honor my values of ________________________________
__________________________________________________________________________________

That is why my hope for the future is a world which embodies these values by
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Perhaps that’s why the following causes and charities have become so significant in my life _________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

These are important to me because ______________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
CREATING MY LEGACY

A life is made up of experiences, knowledge, wisdom and values. I’ve shared those with you here, opening my heart because I care about you and want the best for you in your life.

We all learn from those who come before us. In that spirit, I hope my life will inspire and educate you as you continue your journey. Sharing My Life Story with you is the most heartfelt gift I can give. Please accept it with all my love.

JASON C. CRAIG, JD
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