

# MY BOOK

Personal Planning & Reflection



First \_\_\_\_\_ Middle \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

Birthdate \_\_\_\_\_ Birthplace \_\_\_\_\_

Religion \_\_\_\_\_ Place of worship \_\_\_\_\_

Phone \_\_\_\_\_ Phone \_\_\_\_\_

Personal Email \_\_\_\_\_

Bicep L \_\_\_\_\_ Bicep R \_\_\_\_\_ Bust Upper \_\_\_\_\_ Bust \_\_\_\_\_ Bust Lower \_\_\_\_\_

Calf L \_\_\_\_\_ Calf R \_\_\_\_\_ Chest \_\_\_\_\_ Head \_\_\_\_\_ Hips \_\_\_\_\_

Inseam \_\_\_\_\_ Neck \_\_\_\_\_ Outseam \_\_\_\_\_ Ring \_\_\_\_\_ Shoulder \_\_\_\_\_

Sleeve \_\_\_\_\_ Thigh L \_\_\_\_\_ Thigh R \_\_\_\_\_ Waist \_\_\_\_\_ Waist Low \_\_\_\_\_

Blouse \_\_\_\_\_ Dress \_\_\_\_\_ Hat \_\_\_\_\_ Jacket \_\_\_\_\_ Levis \_\_\_\_\_ Pant \_\_\_\_\_ Shirt \_\_\_\_\_

Shorts \_\_\_\_\_ Skirt \_\_\_\_\_ Slip \_\_\_\_\_ Suit \_\_\_\_\_ Sweater \_\_\_\_\_ T Shirt \_\_\_\_\_ Yoga \_\_\_\_\_

## EDUCATION & SERVICE

Grade School/Year(s) \_\_\_\_\_

Middle/Jr. High School/Year(s) \_\_\_\_\_

High/Cont./GED School/Year(s) \_\_\_\_\_

Religious Studies/Year(s) \_\_\_\_\_

College & Degree/Year(s) \_\_\_\_\_

Graduate School & Degree/Year(s) \_\_\_\_\_

Trade/Vocational School/Year(s) \_\_\_\_\_

Military Service/Year(s) \_\_\_\_\_

## WORK

Employer/Job Title \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Work Email \_\_\_\_\_

Website URL \_\_\_\_\_

## ICE In Case of Emergency

Name \_\_\_\_\_

Address \_\_\_\_\_

Relationship \_\_\_\_\_

Phone \_\_\_\_\_ Phone \_\_\_\_\_

# MY FAMILY TREE

## PATERNAL

My Father \_\_\_\_\_

Adopted  Biological  Step  Deceased Date \_\_\_\_\_ Cause \_\_\_\_\_

My Father \_\_\_\_\_

Adopted  Biological  Step  Deceased Date \_\_\_\_\_ Cause \_\_\_\_\_

Grandmother (Dad's mom) \_\_\_\_\_

Adopted  Biological  Step  Deceased Date \_\_\_\_\_ Cause \_\_\_\_\_

Grandfather (Dad's dad) \_\_\_\_\_

Adopted  Biological  Step  Deceased Date \_\_\_\_\_ Cause \_\_\_\_\_

Great Grandmother (Grandfather's mom) \_\_\_\_\_

Adopted  Biological  Step  Deceased Date \_\_\_\_\_ Cause \_\_\_\_\_

Great Grandfather (Grandfather's dad) \_\_\_\_\_

Adopted  Biological  Step  Deceased Date \_\_\_\_\_ Cause \_\_\_\_\_

## PATERNAL RELATIVES

Father's Brothers (My Uncles), Spouses (Aunts by marriage) & children (My cousins)


Father's Sisters (My Aunts), Spouses (Uncles by marriage) & children (My cousins)


# GOOD DECISIONS I STILL HAVE TIME TO MAKE

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## THESE ARE A FEW OF MY FAVORITE THINGS

- 1 Pet(s) \_\_\_\_\_
- 2 Animal(s) \_\_\_\_\_
- 3 Most unusual pet \_\_\_\_\_
- 4 Bug/Critter \_\_\_\_\_
- 5 Car(s) \_\_\_\_\_
- 6 Meal \_\_\_\_\_
- 7 Snack \_\_\_\_\_
- 8 Candy \_\_\_\_\_
- 9 Soda \_\_\_\_\_
- 10 Dessert \_\_\_\_\_
- 11 Dairy product \_\_\_\_\_
- 12 Protein \_\_\_\_\_
- 13 Vegetable \_\_\_\_\_
- 14 Fruit \_\_\_\_\_
- 15 Hot drink \_\_\_\_\_
- 16 Cold drink \_\_\_\_\_
- 17 Childhood foods \_\_\_\_\_
- 18 Meal Mom/Dad made \_\_\_\_\_
- 19 Meal I make \_\_\_\_\_
- 20 Restaurant \_\_\_\_\_
- 21 Topic of conversation \_\_\_\_\_
- 22 Movie(s) \_\_\_\_\_
- 23 Song(s) \_\_\_\_\_
- 24 Book(s) \_\_\_\_\_
- 25 Teacher who impacted my life \_\_\_\_\_  
Why? \_\_\_\_\_
- 26 Mentor who impacted my life \_\_\_\_\_  
Why? \_\_\_\_\_
- 27 Color(s) \_\_\_\_\_
- 28 Artist(s) \_\_\_\_\_
- 29 Item to shop for \_\_\_\_\_
- 30 Person(s) \_\_\_\_\_
- 31 Beach \_\_\_\_\_

# MY GOAL PLANNER

## ADVENTURE GOALS

Month/Year

- 1  \_\_\_\_\_
- 2  \_\_\_\_\_
- 3  \_\_\_\_\_

## BREAK BAD HABIT GOALS

- 1  \_\_\_\_\_
- 2  \_\_\_\_\_
- 3  \_\_\_\_\_

## CREATIVE GOALS

- 1  \_\_\_\_\_
- 2  \_\_\_\_\_
- 3  \_\_\_\_\_

## EDUCATIONAL GOALS

- 1  \_\_\_\_\_
- 2  \_\_\_\_\_
- 3  \_\_\_\_\_

## FAMILY GOALS

- 1  \_\_\_\_\_
- 2  \_\_\_\_\_
- 3  \_\_\_\_\_

## FINANCIAL GOALS

- 1  \_\_\_\_\_
- 2  \_\_\_\_\_
- 3  \_\_\_\_\_

## FITNESS GOALS

- 1  \_\_\_\_\_
- 2  \_\_\_\_\_
- 3  \_\_\_\_\_

## JOB/CAREER/VOCATION/BUSINESS GOALS

- 1  \_\_\_\_\_
- 2  \_\_\_\_\_
- 3  \_\_\_\_\_

# THANKFUL LIST

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**January 2019**

Su	Mo	Tu	We	Th	Fr	Sa
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**February 2019**

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

**March 2019**

Su	Mo	Tu	We	Th	Fr	Sa
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**April 2019**

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21	22	23	24	25	26	27
28	29	30				

**May 2019**

Su	Mo	Tu	We	Th	Fr	Sa
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19	20	21	22	23	24	25
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**June 2019**

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**July 2019**

Su	Mo	Tu	We	Th	Fr	Sa
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**August 2019**

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**September 2019**

Su	Mo	Tu	We	Th	Fr	Sa
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**October 2019**

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**November 2019**

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**December 2019**

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29	30	31				

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# NOVEMBER

# DECEMBER

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Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Notes \_\_\_\_\_

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