

This is your Lifebook. It is meant to be used by you. In the beginning, you will probably spend a lot of time working on it. As you change and grow, so will your Lifebook.

This book was made to help you understand and remember your history. You can work on and look at the book with your caseworker, your foster parents, your adoptive parents, or just by yourself. At times, working on this book may make you feel sad or angry, and it is okay to put the book away for a while on a shelf or underneath your bed.

Your feelings are important, and as you work on this book, you may find yourself experiencing a wide range of emotions. Some children who have worked on Lifebooks describe their feelings as "shaky" or "unsure." Others find themselves excited or happy. Still other children find themselves mad or sad. Whatever you are feeling is okay, and you should feel free to share those feelings with your foster or adoptive parents.

When you have completed this Lifebook, you may want to ask for another one. A Lifebook is always a "work in progress," just like you are!

I started my Lifebook on \_\_\_\_\_  
(date)