

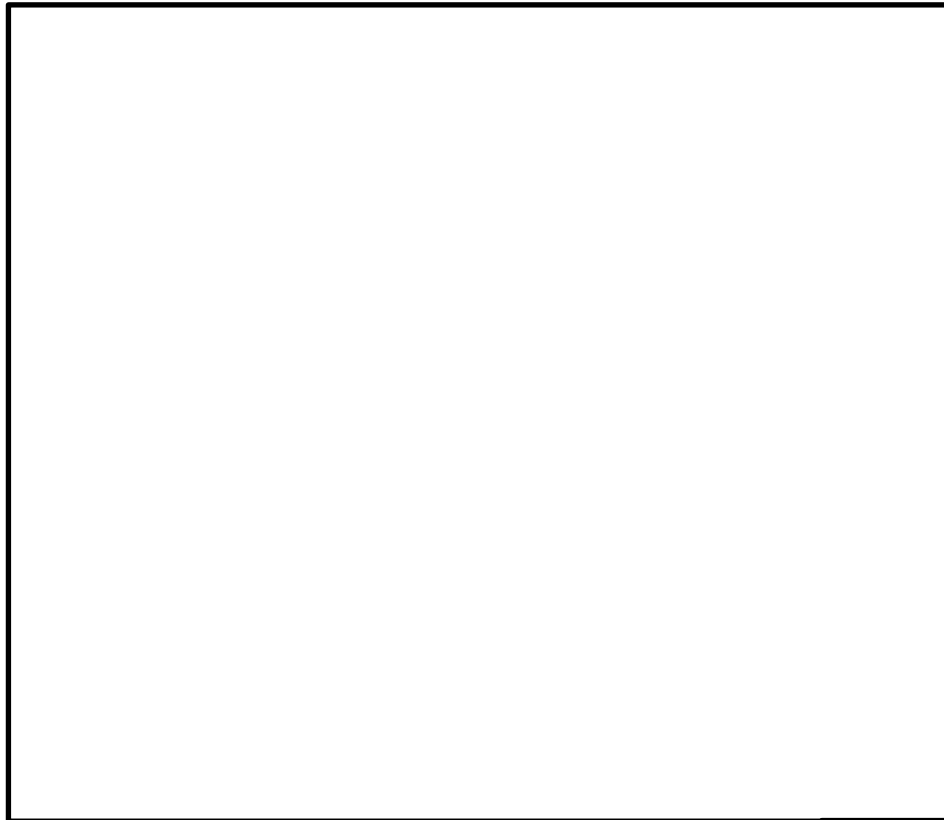
Date: _____



Sheffield Teaching Hospitals
NHS Foundation Trust

Name: _____

My Life



Self portrait



Sheffield
Hospitals
Charity

My Life © 2021.

Produced by Arts in Health, Sheffield Teaching Hospitals.

website: <https://arts.sth.nhs.uk> **email:** sth.arts@nhs.net


Funded by supporters of Sheffield Hospitals Charity.

I was born on *(date)* _____ in *(place)* _____
to *(parent/s)* _____

_____. Other members of my family included
(e.g. siblings, cousins, aunts/uncles, grandparents etc.) _____

My parent/s worked as *(job/s)* _____
_____.

Parent/s' portrait/s



My parent/s always used to say to me *(advice/sayings)* _____

_____.

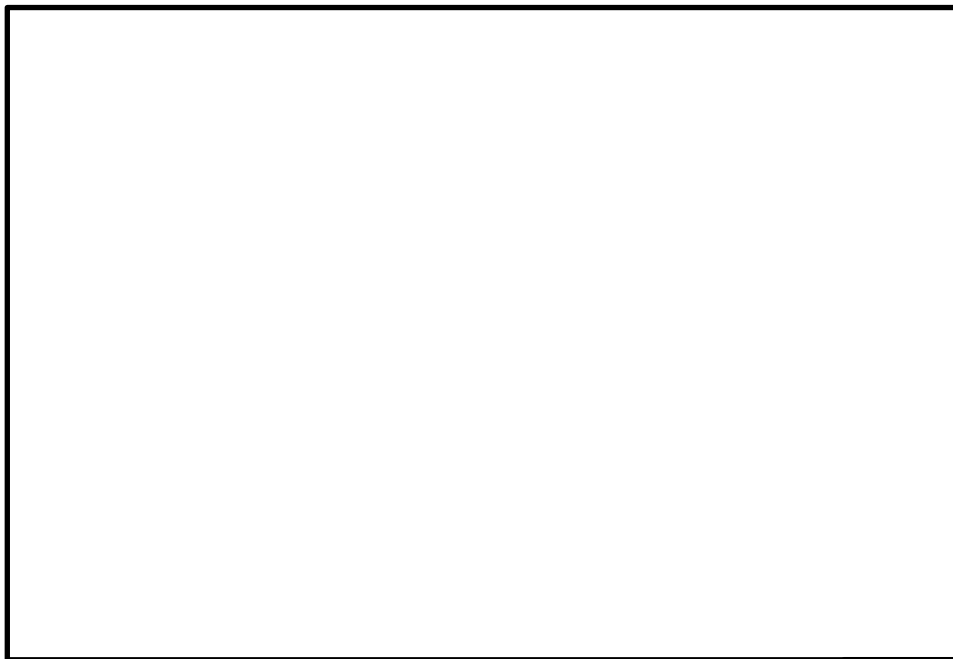
As a young child, I enjoyed *(activities)* _____

_____.

At school, I was good at *(subject/s)* _____
_____. I wanted to be a *(job)* _____
_____ when I grew up.

One of my happiest/funniest childhood memories was *(memory)* _____

_____.



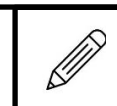
Drawing of memory



One of my favourite toys/possessions as a child was *(name and description)*



Drawing of toy/possession



I remember enjoying this book as a child *(title and author)* _____

I liked it because *(reason)* _____

As a teenager, I listened to *(bands/singers)* _____

One of my favourite songs was *(title and band/singer)* _____

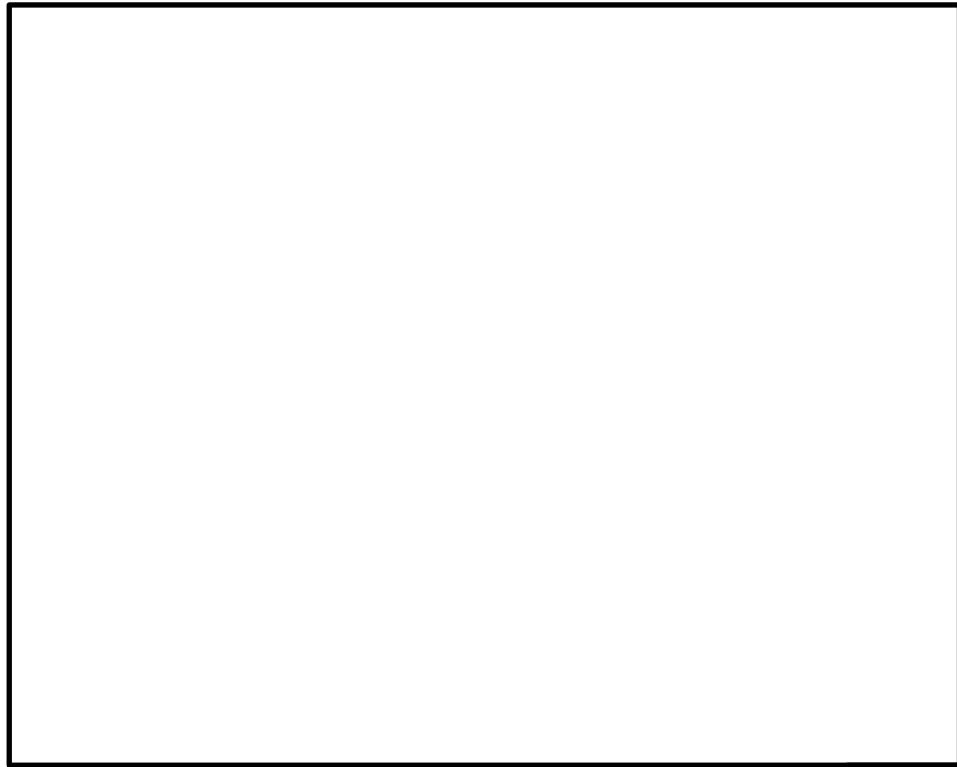
One of my favourite films growing up was *(title and leading actor/s)* _____

I liked it because *(reason)* _____

The typical clothes and hairstyles in fashion when I was a teenager were

(describe) _____

_____.



Drawing of me as a teenager



If I could go back in time, I would give my 16 year-old self this piece of

advice: (advice to younger self) _____

_____.

When I was (age) _____, I left school and (what you did – e.g. college /uni /work /travelling) _____

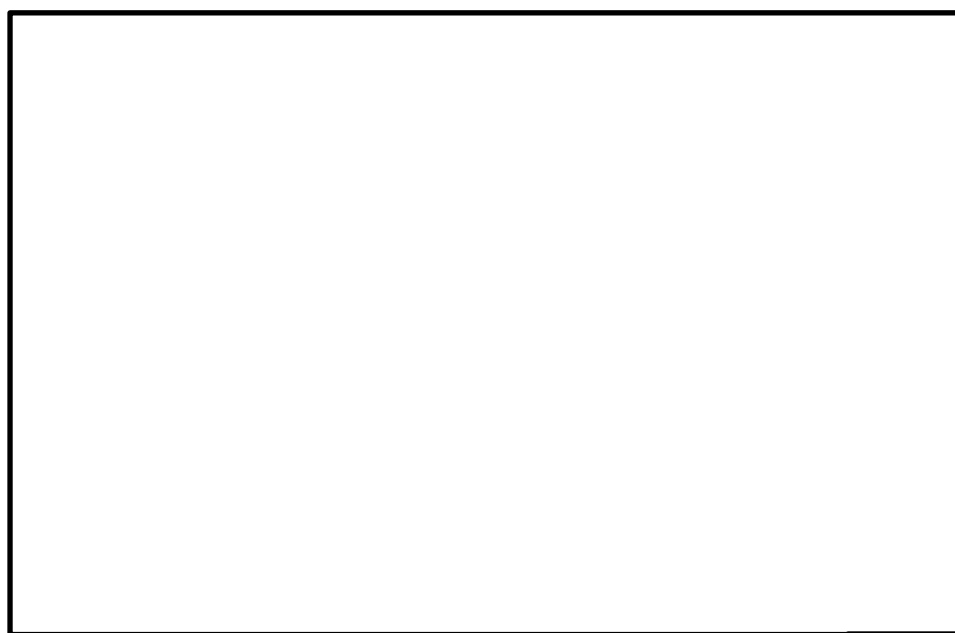
My first job was working as a (job title) _____
for (company/organisation) _____.

I liked/didn't like that job because (reason) _____

At (age) _____, I met my partner/best friend (name) _____.

I was drawn to them because (reason) _____

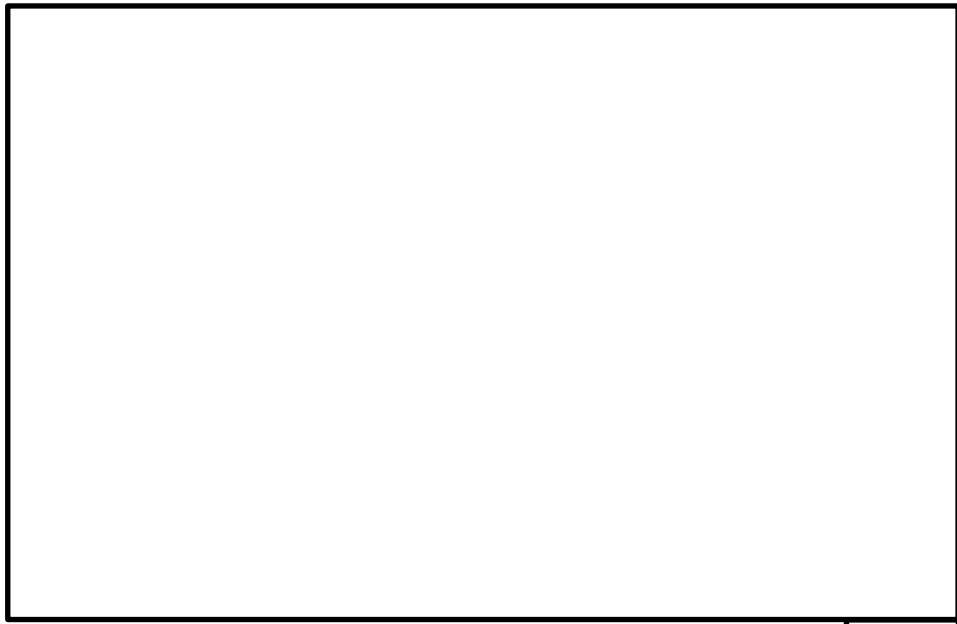
We married/got together/met on (date) _____ at (place) _____



Drawing of our wedding day or day we met



I/we have children/nieces/nephews/grandchildren/pets (*describe – e.g. names, number, personalities etc.*) _____



Drawing of my family



One of my favourite holidays was (*describe – e.g. when, where, what it was like etc.*)

I have spent most of my life working as a *(job – e.g. homemaker, teacher, plumber, etc.)*

_____.

The best thing about this job is *(describe)* _____

_____.

The most challenging thing about this job is *(describe)* _____

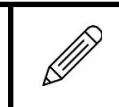
_____.

In my spare time I like to *(hobbies/pastimes)* _____

_____.



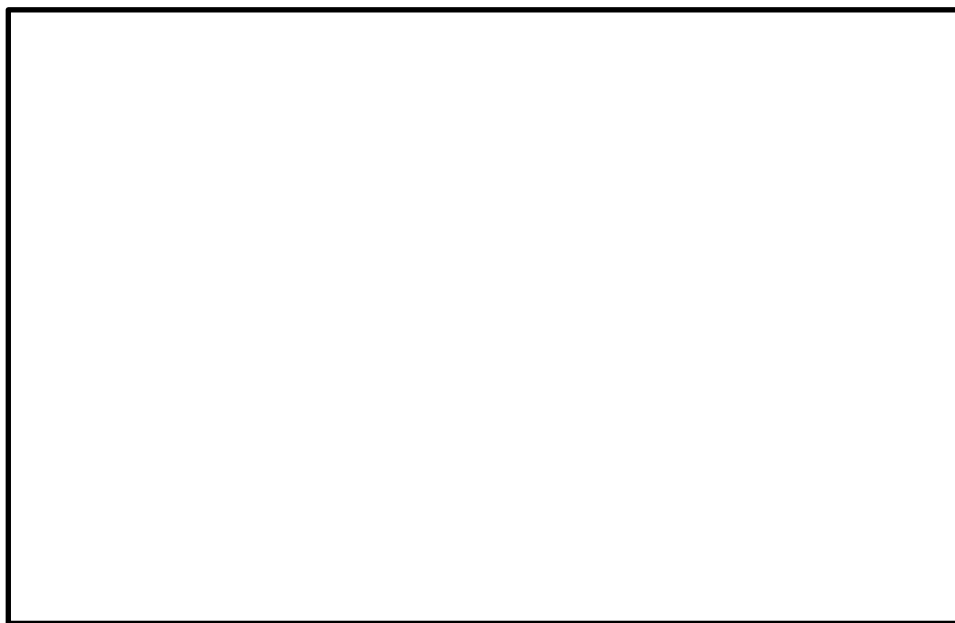
Drawing of me taking part in hobby/pastime



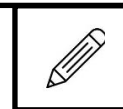
Of all my achievements in life so far, one of the things I'm most proud of is

(describe) _____

_____.



Drawing of one of my proudest achievements



One of the best times in my life so far was *(describe)* _____

_____.

My life's motto is *(write it down and decorate)*

My life's motto



My plans, hopes and dreams for the future are *(describe)*

Words/pictures to describe my hopes for the future

