SEE: (Write a list of things you have seen. Be sure to write down things that you especially rememberthings that really stand out in your mind. They could be from happy or sad times). Be sure to include details, and not just one word answers. 1
1
2
3
4
5
SMELL: (Write down things you have smelled, that are important to you).
1
2
HEAR: (Write a list of things you have heard/such as things spoken to you).
1
2
3
4
5
TOUCH/FEEL: (Write a list of things you have felt, plus include emotions)
1
2

Name_____

3
4
5
J
TASTE: (Write a list of things you have tasted that are significant to you).
1
2
Write down any memories from your life that are significant to you:
Write down any important family information:
Write down and describe your hobbies:
Write down any interesting or important details about your past:

Write down something people always say about you:

Write down something that people often say to you.
Write down your nicknames (if you have any).