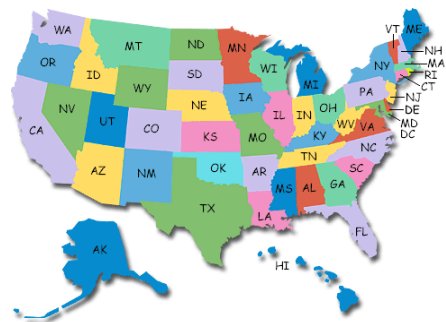


# My Life Book

Name: \_\_\_\_\_

Make this book yours. On this page, write your name and draw a picture, attach a photo, write a poem; do whatever you like to make this book yours.



# Your Life Book

You are leaving your home and moving to a new country. This may be one of the biggest and most important changes in your life. It can be a time of sadness and fear as well as happiness and excitement.

This Life Book can help you say good-bye to your home and prepare you for settlement in your new home. In it, you can trace the story of your journey in life. This book is for you, but you can also use it to show people in your new country who you are and where you come from.

Your Life Book is a story and celebration of your life. Take it with you to America and continue to work on it for as long as you like.



### Tree of Life

On this page, draw your Tree of Life! It shows you who you are. Draw the following:

Roots: your background; this is where you come from.

Trunk: this is your present, where you are now. Are you strong like a teak tree, or bend like a bamboo?

Branches and leaves: these are the things you are interested in.

Fruit: the things that you have done in your life; your successes.

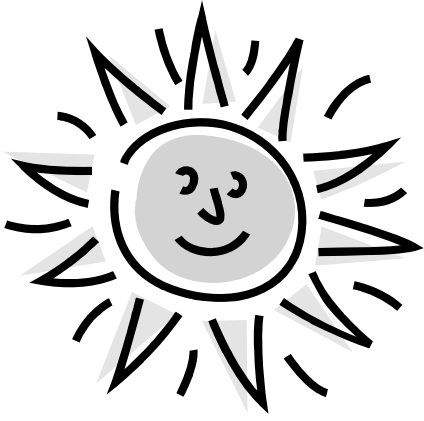
Buds: the things that you hope for.

# My Tree of Life



### **Where do you live?**

**Draw pictures of your home, your neighborhood, your village. You will soon be leaving and you will want to remember what these places were like. Many years from now, you might also want to show your children where you came from.**



On this page, draw a picture of your favorite place where you live, or write a poem about it, or a song.

## **Tell me a story...**

On this page, write or draw a story about something that will tell me who you are. This could be a story from your culture, a lesson from an elder, a story about something that happened to you. It could be a story about anything at all.

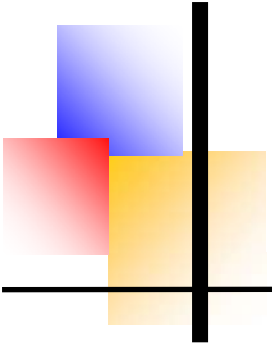
# Free Page

On this page, do anything you want.

**What's  
important to  
you?**

On this page, draw the things that are important to you. This could be your family, things from your culture, your favorite food, things you like to do. Why are these things important to you? Which of them will you take with you to the U.S.?

Will you take this book to America? Please do! It will help you teach others who you are and where you came from.



## Things you'll leave behind...

America is far away and you might never pass this way again. Think about the people and things you'll leave behind. Write their names, or draw a picture of them below.

How will you say good-bye? You may shed a few tears when you think about these things but that's normal, isn't it?

## **What are your strengths?**

Don't think of yourself as a poor refugee with nothing to offer the world. In fact, you are a survivor. The difficulties in your life have made you strong; the more difficult your life, the stronger you have become. What are the things that make you strong? Will you take these to America?

## Where are you going?

On the map below draw a line to show where you have lived and where you are going to resettle. Label the countries. On the map of America, mark the spot and write in the name of the city to which you will be going.



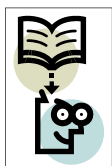
## Who will you keep in contact with?

It's sad but true; you may never pass this way again. Who are the people that you would like to keep in contact with? Write their names or draw their pictures below. Do you know their addresses? If they, too, are resettling, have you made arrangements as to how to keep in touch?

The form consists of 15 empty rectangular boxes of various sizes and orientations, scattered across the page. These boxes are intended for the user to write names or draw pictures of people they wish to keep in contact with. The boxes are arranged in a non-uniform, scattered pattern, with some being larger and more prominent than others.

## What's it going to be like?

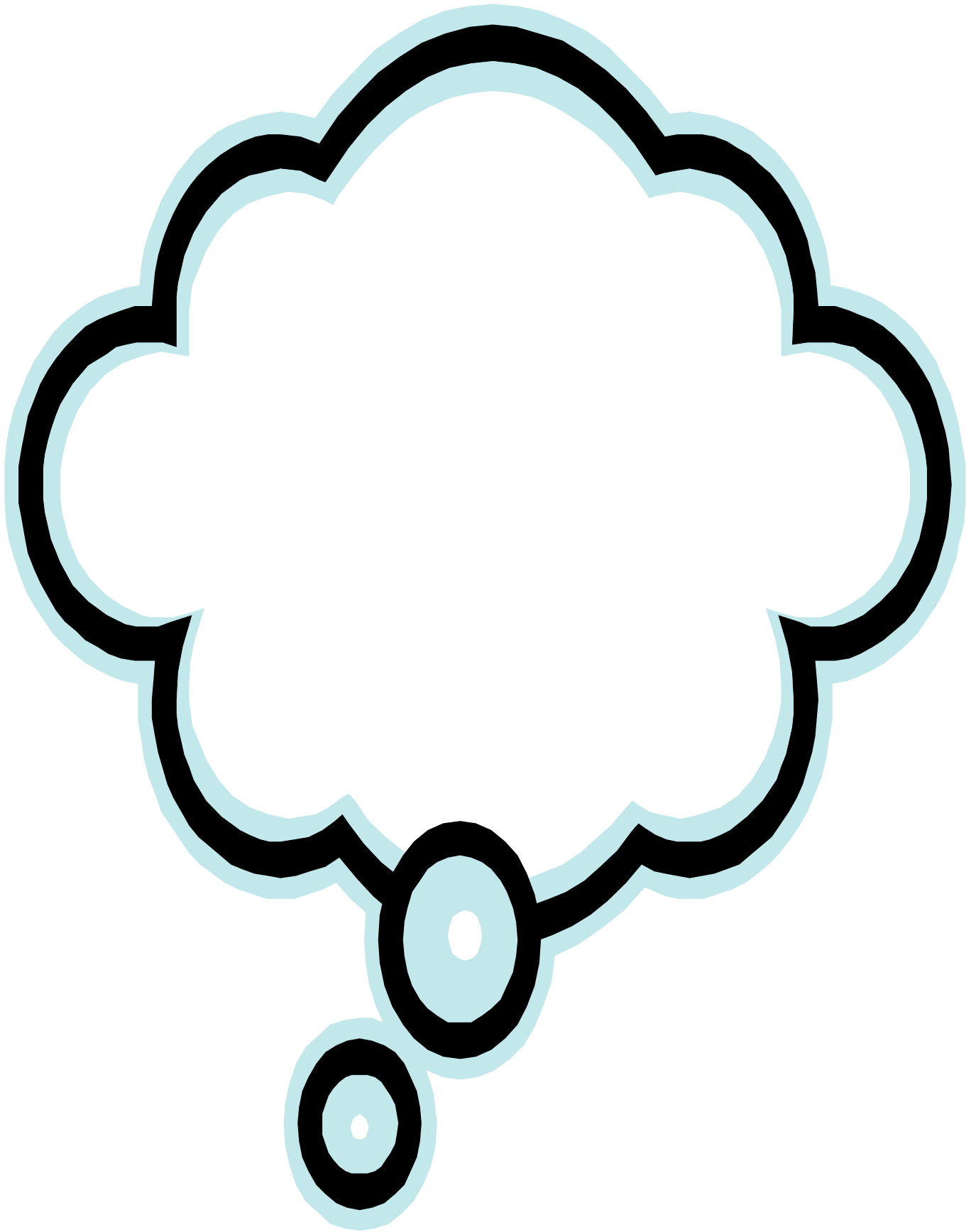
What do you think your life in America will be like - home, job, school, friends, neighbors?



Just for fun, read this a year after you've arrived in the U.S..

# Free Page

On this page, do anything you want.



**What are your dreams for America?**



## **What are your fears about moving to America?**

It's natural that you have fears about moving to an unknown place. List the fears you have here. Then look at this page again after you've arrived in America.

## What are your goals?

There are many things you may want to accomplish in America. Let's plan how to make one of your goals come true. In Box 1, draw where you are now. In Box 6, draw where you want to be. In the boxes in between, draw the things you will have to do to reach your goals.

1	2
3	4
5	6



### **Write a letter...**

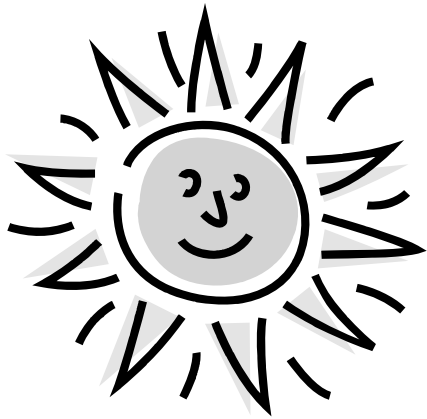
Adjusting to life in the U.S. will not be easy and there will be times when you will feel sad and depressed. On this page, write a letter to yourself. Write about the problems you think you will face. Write yourself some advice as to how to overcome these problems. Don't be afraid; be honest, this letter is for your eyes only.

A large, empty scroll-shaped area designed for writing a letter. The scroll is drawn with a thick grey outline and has a rounded top and bottom edge. The left side of the scroll is curled up, and the right side is also curled up, creating a rectangular space in the center for writing.

Read this when you're in America and feeling sad.

## **Your home in the United States...**

Now you are in the United States. Draw pictures of your home and neighborhood. Compare them to the pictures you drew earlier, of your home in the 'old country.' Compare them, too, to the pictures you drew of America before you came here. How do you feel?



You had a favorite place in your old home. You drew a picture of it earlier in this book. It's important you have a favorite place in America; it will make America feel more like home. On this page, then, draw a picture of your favorite place in America, or write a poem about it, or a song.

Use this book as a means of sharing who you are with people in the U.S.. Show them what you have to offer your new country.

# Free Page

On this page, do anything you want.

## **Moving on...**

This book is just a small step towards making the United States your home. Look back page by page at what you have written and drawn. Were your dreams and expectations realistic? Were you able to conquer your fears? Did you find a new favorite place? Are you reaching your goals?

Share this book with someone now - your children, your neighbors, your caseworker. America has offered you an opportunity for a new life; show it now what you have to offer in return.