

worksheet: this is your life

USE THIS WORKSHEET to keep track of the important—and not so important—details in your life, then file it somewhere safe and tell someone close to you where to find it.

I am allergic to:

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My genetic vulnerabilities are:

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My license-plate number is:

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My passport is located in:

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.....
.....

My emergency-contact numbers are:

children's schools

family doctor

close friend

close relative

others

Is my will complete?

yes no

My will is located in:

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.....
.....

My parents' wills are located in:

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.....

In case of an emergency,

my health insurance requires:

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.....

My blood pressure is:

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My glucose level is:

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My cholesterol level is:

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The tax form for me is the:

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.....
.....

Do I stand to inherit any money?

yes no

My ring size is:

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.....

My ideal caloric intake is:

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.....
.....

My blood type is:

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My skin type is:

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.....

My measurements are:

neck

chest

bust

arm length

waist

hips

inseam

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.....

Three ways to beat a bad mood are:

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My never-fail lip color is:

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My personality type is:

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My greatest strengths are:

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My greatest weaknesses are:

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The best directions to my home are:

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The time I was born is:

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My partner's sizes are:

shirt

pants

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The trees in my yard are:

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My mother-in-law's favorite flower is:

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