

ALL ABOUT ME



For My Best Friend

What I Wish You Knew

A guided journal for understanding me better

This Journal is all about:

Gift Me Right

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How to Use This Journal

This journal is an invitation to understand me better.

There is no right or wrong way to fill it out.

Take your time.

Skip what doesn't fit.

Return to pages whenever you need to.

Some questions may feel easy.

Others may take longer.

This journal isn't meant to be perfect.

It's meant *to be honest*.

Let this be a space where you can be real.

About Me

The **basics** of who I am, in my own words.

My full name is:

I prefer to be called:

My pronouns are:

My date of birth is:

My zodiac sign is:

I currently live in:

Where I grew up:

Languages I speak or understand:

Age (at the time of filling this out):

A picture of me
when I was a baby

A picture of me
now (current)

My height is:

My shoe size is:

My shirt size is:

My pants or skirt size is:

My jacket or coat size is:

My ring size is:

My favorite fit is (oversized, fitted, relaxed):

My favorite ice cream flavors include:

My best friends are:

Comfort or style preference:

Hat size (if applicable):

Introvert or extrovert?

My favorite color(s):

My least favorite color(s):

My favorite scent BFF is:

My metal preference is:

My favorite season is:

I am more of a morning person or night owl:

Dietary preferences:

Food allergies or sensitivities:

Foods I love:

Foods I avoid:

Favorite snack:

Favorite sweet treat:

Favorite drink:

Caffeine preference:

Alcohol preference (or none):

Tea preferences:

Quotes that I live by:

Someday, I want to:

Things that physically comfort me:

Things that physically overwhelm me:

Preferred way to relax my body:

Preferred way to relax my mind:

My ethnicity, race, and origin:

My religion and how important it is to me:

About Me

let's Go More In Depth

My hobbies and interests:

How I recharge:

What drains my energy:

How I spend most of my time:

What motivates me lately:

What feels most important to me right now:

When I'm upset what I usually need is:

What doesn't help when I'm overwhelmed:

How I prefer to communicate during conflict:

How I prefer to receive support:

How I show appreciation:

How I tend to shut down or open up:

Things I don't always say out loud:

Things I'm afraid to ask for:

Things I wish I were better at expressing:

What makes me feel deeply understood:

What makes me feel distant or misunderstood:

What I hope you never forget about me:

Ways I show love or care:

Ways I like to receive love or care:

What makes me feel safe:

What makes me feel valued:

What makes me feel appreciated:

What makes me feel emotionally close to
someone: _____

What I've learned about myself so far:

What I want more of in my life:

What I want less of in my life:

Who I am becoming:

What I am working on within myself:

What I hope the people in my life understand about me:

A message from me to you:

What I hope this journal helps you understand:

What I want remembered about me in this season of life: _____

What I am grateful for right now:

What I am still figuring out:

What I want to carry forward:

About Me

To my **BFF**

How special/important my BFF is to me:

What BFF moments shaped me the most:

What makes me feel connected to my BFF now:

What makes BFF time feel meaningful to me:

What helps me feel relaxed around BFF:

What I appreciate most about my BFF:

How I tend to show care within my BFF:

What makes me feel trusted by my BFF:

What makes me feel included:

What makes me feel overlooked:

What I find hardest to explain to my BFF:

What helps conversations feel smoother for me:

What I hope my BFF celebrates about me:

What I need patience with as I grow:

How I want to show up for my BFF moving forward:

What kind of support feels most helpful from BFF:

What I want BFF time to feel like in the future:

Something I want my BFF to understand about me now:

What you do that brings me down:

How you can help build me up:

My goals and how I want you to help me achieve them:

BFF vacations I enjoy:

What I secretly regret and want to apologize for:

What I wish for the BFF to be different in the future:

Any questions I have for my BFF but am too scared to ask:

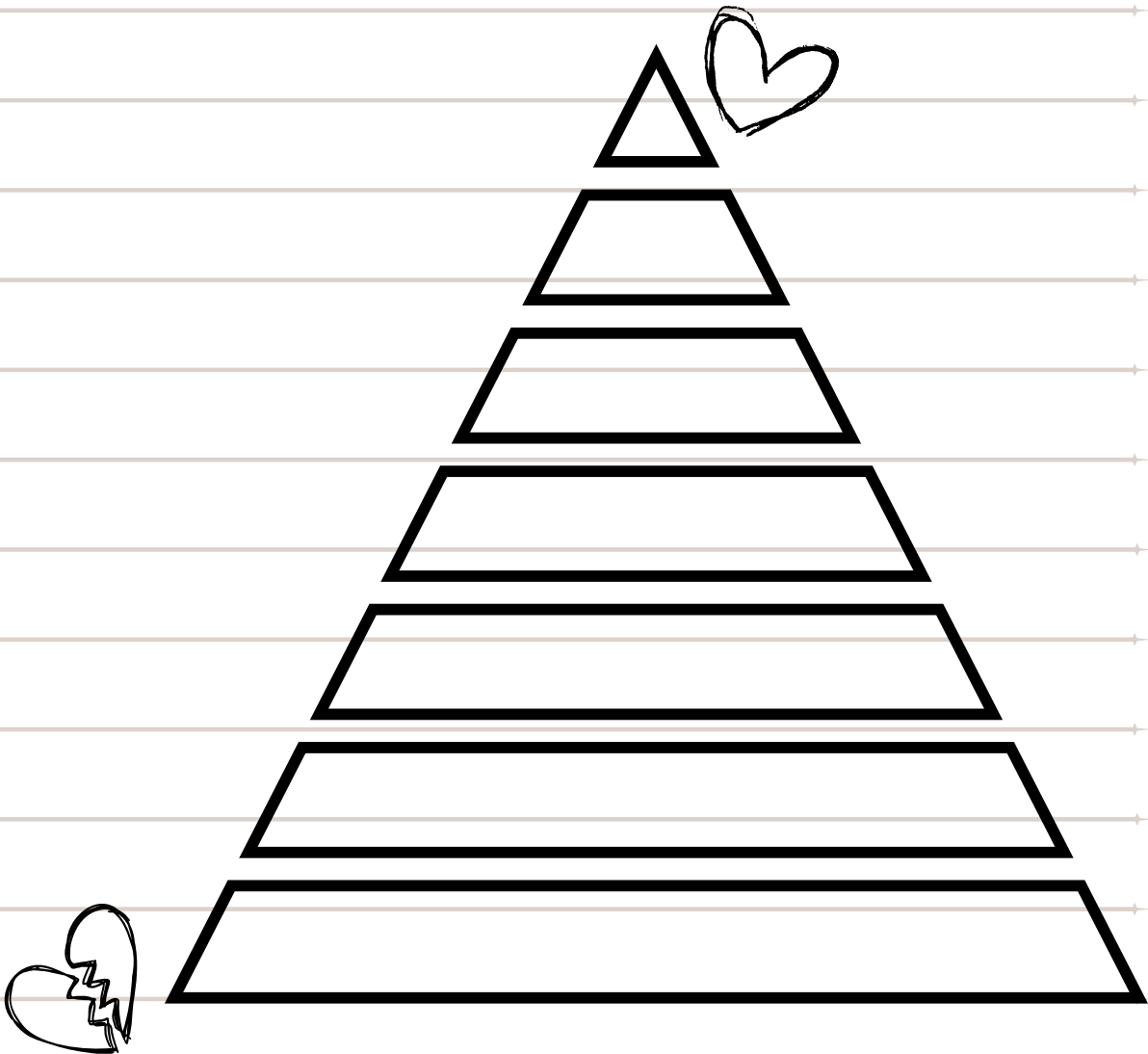
BFF bucket list:

About Me: BFF

My favorite BFF memory:

My least favorite BFF memory:

My BFF pyramid- who is my favorite/least favorite right now (pets included) and why:



How you can be there for me in dark times:

Any further comments I have for my BFF to know:

About Me: BFF

A personal note from me to you:

In the end... I believe we can be better BFF members to one another by: _____

I can't read your mind, and you can't read mine.
I hope this helps us communicate better and supports us in having a better relationship with one another.

By signing this, we promise to be the best BFF we can be to one another.

X _____ Date: _____

X _____ Date: _____

GMR



2026

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JOURNAL WEBSITE