

ALL ABOUT ME

GMR



2026

**gift me right**

JOURNAL WEBSITE

# For My Family

What I Wish You Knew

A guided journal for understanding me better

This Journal is all about:

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Gift Me Right

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# ALL ABOUT ME

What I Wish You Knew

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For My Family

# 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

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

My full name is:

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I prefer to be called:

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My pronouns are:

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My date of birth is:

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My zodiac sign is:

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I currently live in:

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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:

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My shoe size is:

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My shirt size is:

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My pants or skirt size is:

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My jacket or coat size is:

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My ring size is:

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

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My favorite ice cream flavors include:

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My best friends are:

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Comfort or style preference:

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Hat size (if applicable):

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Introvert or extrovert?

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My favorite color(s):

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My least favorite color(s):

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My favorite scent family is:

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My metal preference is:

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My favorite season is:

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I am more of a morning person or night owl:

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Dietary preferences:

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Food allergies or sensitivities:

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Foods I love:

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Foods I avoid:

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Favorite snack:

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Favorite sweet treat:

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Favorite drink:

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Caffeine preference:

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Alcohol preference (or none):

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Tea preferences:

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Quotes that I live by:

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Someday, I want to:

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Things that physically comfort me:

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Things that physically overwhelm me:

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Preferred way to relax my body:

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Preferred way to relax my mind:

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My ethnicity, race, and origin:

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My religion and how important it is to me:

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# About Me

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let's Go More In Depth

My hobbies and interests:

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How I recharge:

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What drains my energy:

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How I spend most of my time:

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What motivates me lately:

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What feels most important to me right now:

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When I'm upset what I usually need is:

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What doesn't help when I'm overwhelmed:

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How I prefer to communicate during conflict:

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How I prefer to receive support:

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How I show appreciation:

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How I tend to shut down or open up:

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Things I don't always say out loud:

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Things I'm afraid to ask for:

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Things I wish I were better at expressing:

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What makes me feel deeply understood:

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What makes me feel distant or misunderstood:

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What I hope you never forget about me:

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Ways I show love or care:

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Ways I like to receive love or care:

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What makes me feel safe:

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What makes me feel valued:

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What makes me feel appreciated:

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What makes me feel emotionally close to someone: \_\_\_\_\_

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What I've learned about myself so far:

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What I want more of in my life:

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What I want less of in my life:

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Who I am becoming:

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What I am working on within myself:

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

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A message from me to you:

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What I hope this journal helps you understand:

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

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What I am grateful for right now:

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What I am still figuring out:

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What I want to carry forward:

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# About Me

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To my Family

How special/important my family is to me:

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What family moments shaped me the most:

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What makes me feel connected to my family now: \_\_\_\_\_

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What makes family time feel meaningful to me:

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What helps me feel relaxed around family:

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What I appreciate most about my family:

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How I tend to show care within my family:

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What makes me feel trusted by my family:

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What makes me feel included:

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What makes me feel overlooked:

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What I find hardest to explain to my family:

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What helps conversations feel smoother for me:

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What I hope my family celebrates about me:

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What I need patience with as I grow:

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

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What kind of support feels most helpful from family:

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

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Something I want my family to understand about me now:

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What you do that brings me down:

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How you can help build me up:

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

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Family vacations I enjoy:

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What I secretly regret and want to apologize for:

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

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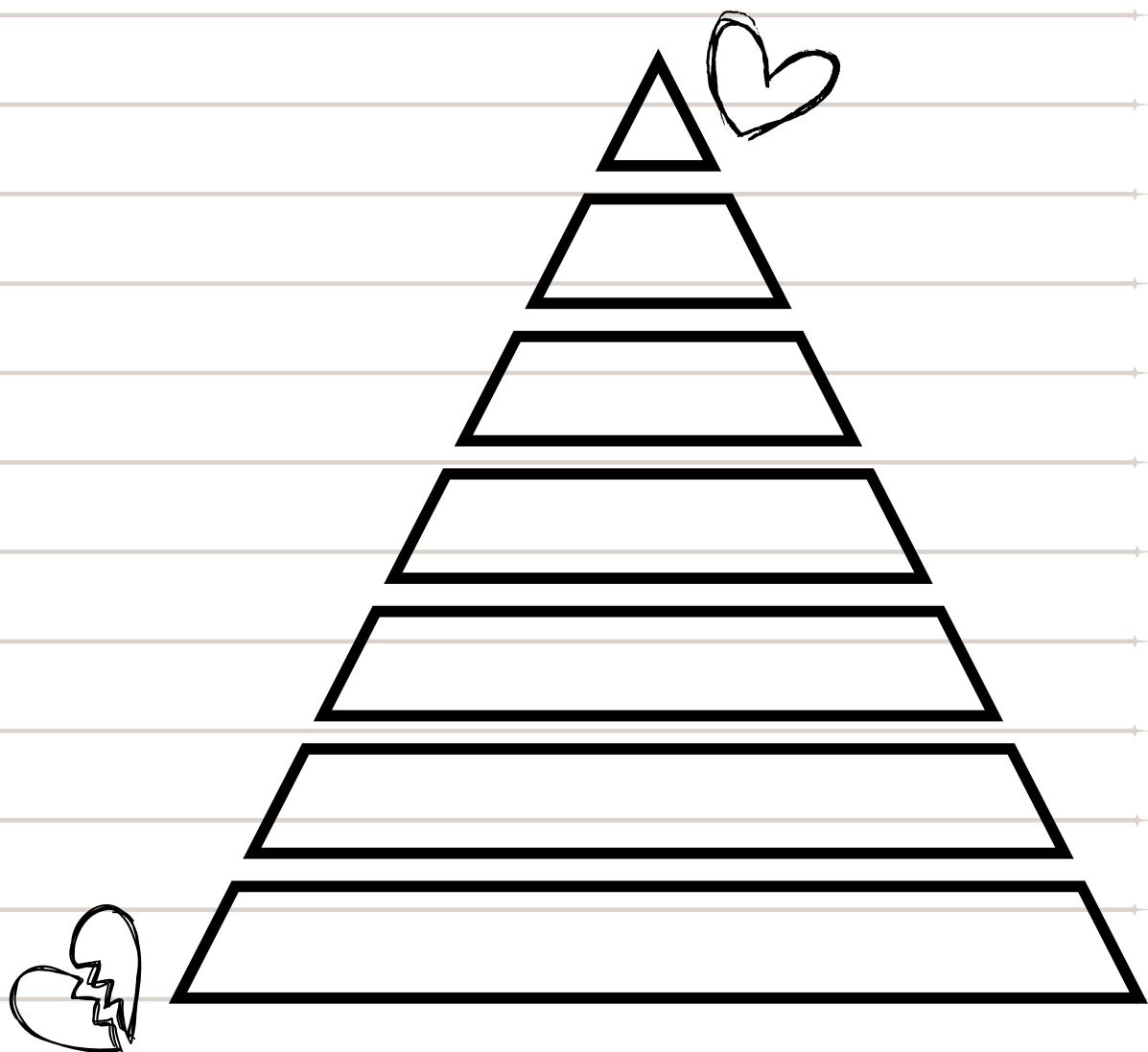
Any questions I have for my family but am too scared to ask:

Family bucket list:

My favorite family memory:

My least favorite family memory:

My family 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 family to know:

A personal note from me to you:

In the end... I believe we can be better family members to one another by: \_\_\_\_\_

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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.

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

X \_\_\_\_\_ Date: \_\_\_\_\_

X \_\_\_\_\_ Date: \_\_\_\_\_

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# gift me right

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