

## Book of Me, From A to Z!

Book of Me Topics by the Letter

© Angie Pedersen and Tammy Thomas

as seen in the August 2003 issue of *Illuminating Visions*, produced by ScrapAngels.com

The next time you're wondering what page to do in your Book of Me, just turn to the alphabet! There are hundreds (at least!) of possible topics!

Consider these questions when looking through these lists:

How am I \_\_\_\_\_?

What is my greatest \_\_\_\_\_?

What is my favorite \_\_\_\_\_?

What was my most memorable \_\_\_\_\_?

How do I experience \_\_\_\_\_ in my life now? How have I experienced it in the past?

What/Who does \_\_\_\_\_ make me think of?

What makes me \_\_\_\_\_?

Who have I done this with/to/for?

**A:** achievements, addictions, abundance, attitudes, athletic(s), ancestors, arguments, April fools pranks, angels, appointments, authors you like, art, abilities, anger (what makes you angry), activities, appreciation, adventure/adventuresome, advice, alienation, advantages, actors, art, activist, allusive, admiration, allegiance, agreements, adulthood, amazing (things that amaze, puzzle, intrigue you), assumptions, attraction, argue, age, army, arrest, aspire/aspirations, auditions, automobiles, anniversaries

**B:** brothers, best friends, beliefs, beauty, bereavements, ballet, baptism, birthdays, birth, bravery, bowling, baseball, babies, boys, beginnings, bonds, baking, breathless, blessings, band, braces, breaks (bones or heart), books, bedroom, brands (of clothing, food, your grandfather used on his cows), bother/bug (things that), bible (favorite verses), board games (what did you play growing up), blind dates, bad dates, boredom, broken (engagements, promises, hearts, items), balance (what do you do to keep balance in your life), boats, bicycle (was it built for 2), beach, black licorice, bragging rights, babysitter

**C:** classes, colors, cars, career, character, choices, chances, camp, college, coincidences, challenges, crying, cravings, creativity, changes, cheers, courage, children, crushes, Christmas, Christmas ornaments, childhood, celebrations, cousins, cleaning tips, contagious (what about you is contagious?), comic books/strips, complete, compare & contrast, choir, cartoons, community, candy, cats, can't, can-do, court (judicial or wooing), chat, clutter, chaos, comfort, charity, collections, charisma, catastrophes, claims, company (are you good company, do you like having company over), creation, cook(ing), chores, conditions, companion, cast, compliment, cure, chance, cycles, cares, chocolate, country, city, control/controlling, compassion/compassionate, circumstances, christening (blessing),

**D:** determination, diligence, daring moments, duty, dogs, dimples, delight (what delights you?), dedication, drastic, darts, daft, Dancing, diving, divinity, Dreams, desires, degrees, death, daddy, daughter, diary, December, depression, direction, decade (which has been your favorite?), Drive-In, drama, decisions, dating, danger, defining moment, Diva, details (are the "little" one's important to you, how much attention to you pay to them?), diamond, daily life, disagreements, delays, dues, deadlines, due dates, doodling, diapers, dinner, deliver, domestic, delegate, demands, demanding, darling, dare, draft, disguised, differences, difficulties, down town, delivery

**E:** Exercise, extra-mural, events, entertainment, easy bake oven, Easter, engagements, encounters, eavesdropping (things overheard, you shouldn't have heard), eating, e-mail, experience, earth, education, examples, ego, esteem, every day, errands, emotions, Elders, elementary school, enchantment, engaged, ER (hospital/Dr. visits), ethics, entitled, era (were you born in the right one?), example, embarrassing moment(s), earnings, eccentricities, errors, Elvis, eyes, excited (what do you get excited about), eagle scout, easy (what does/doesn't come easy for you?), electricity, elegance, expression, expectations, elope,

**F:** Friendship, family, family tree, funny, forever, feminine, favorites, food, fate, fear, faith, fable, feelings, February, firsts, flowers, fame, famous (people you admire), flight, foreign, feuds, frustration, freedoms, fairy tale, forensics, furniture, fashion, flaws, fragrances (you like, that remind you of something), foolish (what foolish decisions have you made), fights (for a good cause), forgiveness, fever, flying, facts, fire, frogs, felines, fake, flood, flea markets, fast food, failure, feisty

**G:** Garden, games, girlfriends, grief, giving, glory, God, graduation, gowns, grandfather, god-parents, grandmother, guilt, growing/growth, going, goals, gratitude, glasses, genetics, gifts, goofy, goodness, guidance (who do you go to for guidance), gripes, groups (you belong to), guests, grace, gamble, gatherings, good sport

**H:** horses, husband, honeymoon, Halloween, Hanukkah, house, happy thoughts, Hawaii, hockey, heart, hospital, Hilarious moments, hunting, hat, handsome, hammer, hand, hero, hide, hobby, honesty, hope, honey, hysterical, home, heaven, highlights, horrible, horrible-no-good-very-bad-day, haven, holiday, haircuts/styles, hesitation, heirloom, habits (good and/or bad), historical events, honors, home-made, heroine, happiness (what is it?), health, humor, horoscope, healing, hand made, hide-outs, highway, hype, hindsight, home, home improvements, handyman, hobbies, hurricane

**I:** Ice-cream, Identity, internet, irritable, impatient, interesting, involved, irresistible, innuendo, idol, impish, idylls, infatuation, instrument (musical), intellectual, invisible, inspire, influential, indulgence, imagination, indecision, ideas, impressions, intense, intervene, interviews, ignorant, idealist, injury, intimacy, inventions

**J:** June, jump, jam, jealous, jelly, just because, jewels, jandels (Australian), judge, jest, junior, journaling, joy, junk, joke, journey, juggle (what things do you juggle in your life), jury duty, jello, jive (hand), jalopy, junk yard, jam (traffic), jail, juicy (secrets you've kept),

jobs,

**K:** Kiwi, key, kindergarten, knowledge, kindness, kin, keepsakes, kindred, kiss, kissin' cousins, kith, kilt, kismet, karma, Karaoke, kites, kitchen, karaoke, kissing tag

**L:** love, little ladies, ladybugs, laughing, limits, laundry, lunches, letters, little things, laughter, lost and found, leisure, lovely, lap, lilted, loneliness, lessons (learned, piano, baton, dance), landmarks, light, library, lies/ lying, language(s) (you speak, would like to learn), legs, leftovers, leaving, losing, lemons/lemonade, learning, loving, lazy, lines (where do you draw the line on things), lists, loyalty, luck, lucky number, legacy, legal, long life

**M:** marriage, mommy/momma/mother/mother – in - law, money, museums, moments/momentous, mementos, misfit, malls, males, meat, microphone (how you feel in front of one), mighty, marvelous, miracle, misty, mystery, magic, men, mine, misery, moonstruck, music, manners, mental health, milestones, morning person, message boards, mourning, movies, mentor, money, motto, mudpies, marathon, mission, modern conveniences/technology, mirrors, machinery, miles, (you've driven, between friends/family), meal ticket, makeshift, make – due, mischief, market, meetings, misunderstood, mortgage, museum, missed (opportunities), match maker, mountains/molehills, make believe, mysteries, marriage

**N:** neglect: things you neglect, being neglected; nerves, neat, nest egg, nest (leaving the nest, dealing with “empty nest”) nature, natural (what comes naturally to you?), name/nickname/namesake, neighbors/neighborhood, nosey, never: things you've never done, would never do; night, nebulous, nesting, new, need, nervous, news, niece, nephew, nostalgia, nursing, nation, natal, naval, navel (are you an innie or an outie?), nightowl, no, new, necklace, north, near – sighted, naïve, noon, nickel, niche,

**O:** opportunity, option, octagonal, open, outdoors, opera, observations, opinions, outings, Oprah (or other favorite talk show), other (how are you an “Other” or “Outsider”? Or when have you felt like this?), optimism, overextended, old, order, organized, obsession, over-do/due, oranges, over-look, outlook, outbreak, on (the outside looking in), order, overlooked (opportunities)

**P:** preponderance, preppy, portion, partner, passion, playful, pillow, preposterous, preparation, police, perfection, promises, parties, pastimes, path, people, personal, photography, places (what 5 places can illustrate your life?), play, pride, pessimism, panic, practical/pragmatic, problems, professional, phobias, progress (how do you define progress, or how are you a Work in Progress?), public vs. private persona, pissed off, politics, protest, parent, Prom, power, pregnant, protect, prayer, piercings, purses, packrat, portrait, pet-peeves, ponder, private, personal, peace, paths (not taken), proud, pickles, Parcheesi, purchases, porches, pastor, pain/painful, Pollyanna (attitude), pretty, parents/parenting, pinochle, preach, personality, pies, pen pals, procrastinate, peers, playmate, peer pressure, possession, precious, pretend, pretense, part-time, proposals, peace keeper, projects (finished and not finished), permission, panic, prejudice, proper, pleasures, perfection, playground, pulling taffy, pills, pioneer

**Q:** qualifications, quiet, quirks, quest, questions, qualms, quotes, quilt, quality, queen, query, quart jar, quaint, quick, qualities, quarantine,

**R:** righteous, ready, realistic, running, reasonable, reckless, random, rowdy, retail-goddess, refreshing, resourceful, romantic, riches, rantings, rest, reassurances, retreats, restaurants, rush, right now, role-model, relax, recipe, reluctant, road not taken, rain, reading, radio, rumors (about you), roses, rental, reveal, rebel, railroad, races, reason(s), remedies, (home, remedy to a problem), rules, routine, rush, renewal, react/reactions, resume, resemblance, raised (how were you raised), rashes, rings, residence, relationships, respect, raising a family, religion

**S:** smart, serious, sh\*\*\*y, stubborn, sensitive, sentimental, silly, shells, sea, sand, summer, spring, sharing, self worth, sports, supper, swapping, scrapbooking, solo, sprains, seeds, size, shopping, sensual, smells, stress, success, speechless, Super Woman Syndrome, strength, smile, sports, singing/songs, school, sledding, siblings, supernatural, space, service, Scripture, snow, secret, surprise, scouts (girl or boy), Santa Claus, saint, security, style, shoes, shore, salute, salutations, support/supportive, scandal, sleep, spirit, sun (shine, burn), scrape, spank, spunk, spirited, soul, soul-mate, solve, strive, shape (what has shaped the person you are), secret sister/pal/admirer, symbols, scary, someday, skeletons (in your closet), sorority, shy, speeches, snail mail, storms, space, stars, sunrise, surroundings, special, snapshots, scenery, serendipity, surreal, senses, struggles, skills, strangers, spice, spelling, signs, shadows, sometimes, sounds, statistics, skinny dipping, slumber parties, scares

**T:** thoughtful, tenacious, timid, trustworthy, trying, temptations, turmoil, trading, trees, thoughts, today, tomorrow, time, tests, tame, thorough, tips, taking turns, teaching, teachers, trips, therapy, TV shows, tribute, tradition, telephone, taboo, tattoo, talents, tornado, treasure, travel, toys, trouble, teeth (dental work, loosing teeth, Tooth Fairy), trials, trust, taste, temple, theater, thankful, theory, traits, tree house, turning points, timeless, tamper, temper, tiny, tenacity, task, tornado, torment, territory, training, try-outs, tourist, touring, torture (what would be torture to you?), tales, treats, transparent, truth/truthful, tease, team, teamwork, tears, travel, tarnished (reputation, heirloom) tea, tall, trouble maker, town, teenager, testimony, transportation, thrifty

**U:** unique, unusual, understanding, upsets, urgent, un-equal, ugly, urban, us, Utopia, united, un-tidy, ultra sound, unbelievable, Utopia, ungrateful, useful, unfinished business, uncomfortable

**V:** vibrant, vocal, vivacious, vacation, valiant, vandal, victory, visual, values, Valentine, validate, vehicles, violin, valuable, ventures, vulnerable, voice, verse, vineyard, vase, vitality, vacation, vices, views, vegetarian

**W:** whimsical, witty, will, wacky, wonderful, willful, wrong, worry, water, wistful, watchful, work, world, weakness, weight (bleh!), war, wallflower, work, wedding, wonder, weird, woes, windfall, wine, whine, weather, wish, warranty, worthy, worth, weary, wives tales,

women, warnings, wrecks, worldly, words, washing, windows, world events, water fights

**X:** eXtraordinary, eXcellent, exciting, exotic, X-rays

**Y:** Young, youthful, years, youth, yearning, yawning, yesterday, yes, yack, yellow, yard sales

**Z:** zesty, zany, zealous, zeal, zoo, zero

So, the next time you hit a slump, just look to the alphabet for all the inspiration you'll need for a great topic for your Book of Me!

**Angie Pedersen** started scrapbooking in 1997. Her first page proudly featured photos cut into several imaginative shapes, as well as several decorative edges. Her vastly improved work has since appeared in eight nationally recognized magazines. Pedersen is the author of ***The Book of Me: A Guide to Scrapbooking about Yourself***, and ***Growing Up Me: A Guide to Scrapbooking Childhood Stories***. Angie is also the creator and editor of two websites, ScrapYourStories.com and OneScrappySite.com. She lives in Kansas City with her husband and two children. Once she gets rich and famous, she'll hire an assistant, a maid, and a masseuse, but until then, she does her own cooking, dishes, and endless sibling refereeing.

**Tammy Thomas** has been doing scrapbooks since childhood, and is passionate about sharing her stories and helping others do the same. For the past 2 years Tammy has been a guest instructor at her local grade school and has taught many children the importance of sharing their own stories. Her work has been published by Creating Keepsakes, Ivy Cottage and Creative Concepts. Currently she sells her designs in a local store, and hosts a monthly scrap club in her home. Tammy is a stay-at-home-mom of 3 great kids. She lives in Utah with her husband Scott. When she isn't teaching or designing, Tammy is usually writing, taking pictures, scrapping and enjoying her family.

*This list has been compiled with the help of forum members at ScrapAngels.com. Thank you to all those people who have contributed.*