

Notes: My working life

- *Start by listing the Places you have worked and the role, or duties, you performed.*
- *If you could live your working life again, what would you do? You might say "I'd do it all again!" or perhaps you would pursue a different career entirely.*

Spare sheets have been included at the end of this document in case you need more space.

Notes: Memories of My working life

- *Share a little about your working life. You might like to include:*
 - *A typical working day, the hours you worked, how you travelled to/from work, etc.*
 - *Whether you feel your working life consisted of 'jobs' or was a vocation or career*
 - *Highlights of your working life*
 - *Funny workplace stories*
 - *Your experiences of promotion/redundancy*
 - *Workplace attire e.g. suit and tie, uniform, overalls, etc.*
 - *Your career ladder*
 - *Involvement in union activity or workers' rights*
 - *A comparison of your best and worst, or first and last, jobs*
 - *Whether you worked on an employed or self-employed basis*
 - *Your attitude to work - did you enjoy what you did or was it a means to an end? Did you 'work to live' or 'live to work'?*

- *Describe any particularly memorable colleagues you encountered during your working life. What is it about them that makes them so memorable? They might be:*
 - *Your favourite/least favourite boss*
 - *A Trade Union rep*
 - *Colleagues who worked alongside you*
 - *Members of staff for whom you had line management responsibility*
 - *Suppliers*
 - *Contractors/Consultants*
 - *Colleagues that you socialised with outside of the workplace*

- *Reflecting back, what would you say was the greatest achievement of your working life?*

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My working life

Places I worked	My role/duties were...
If I could live my working life again I would	



Memories of my working life

Colleagues that I particularly remember are...

Looking back, I would say that the greatest achievement of my working life is...

Notes: Working Life memorabilia

- *Personalise your book by adding items of workplace memorabilia. These might include:*
 - *A letter offering you a job or a contract of employment*
 - *A job description*
 - *Photographs of you at work, or with colleagues*
 - *Pictures of your uniform, or items of equipment pertinent to your role*
 - *Newspaper cuttings relating to your work or place of work*
 - *Workplace certificates, awards or commendations*
 - *Membership card e.g. Union, Workplace social club, etc.*

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Notes: My social life

- *As an adult, did you have any hobbies?*
 - *Were you a member of any clubs/societies?*
- *What did you like to do socially (alone or with others) e.g.*
 - *Cinema/Theatre*
 - *Sports*
 - *Walking/hiking*
 - *Shopping*
 - *Eating out*
 - *Going to the pub/social club*
 - *Clubs/Activities*
 - *Music/singing*
 - *Parties*
- *Who did you enjoy socialising with?*
- *When you needed "time out" to completely relax what did you do?*

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Working life memorabilia



Working life memorabilia



My social life

As an adult, my hobbies were...

Socially I enjoyed...



My social life

People I liked to socialise with were...

When I wanted to completely relax, I used to...



Continuation sheet for:



Continuation sheet for:

