**Friendship Cohousing Community at Maningham: Who Am I?**

**Format and guidance notes for your “Who Am I?” document.**

Try to make your “Who Am I?” at least one A4 page long and no more than 4 pages. Please include a picture of you at the top and the date on which you have written the document at the end.

Your “Who Am I?” will be made available to members of the founder members of Friendship Cohousing Community at Maningham and members of Friendship Cohousing Limited, by emailing round or sharing on private internet pages. They will not be displayed publicly, e.g. on a website open to the public, but we can’t guarantee who will see them. Please be as open as you feel you can be within this information.

Write it in the first person e.g. *“I am Jack Rowe. I used to live in Turo. I am a miner.”*

The following is a suggested format, so you can see that we would like more than a CV or life history. We hope to find out “what makes you tick”. Write passionately about your beliefs. You don’t actually need to follow the format below - it is just meant to be a helpful guide.

If you are part of a couple or family, please write a “Who Am I?” for each person. You can update it and send it to us again at any time.

**Who Am I? I am xxxxxxxx.**

A succinct sentence or two about who you are now. What defines you at this minute.

When were you born? Where were you brought up? Something about the important aspects of your childhood. Your parents, brothers and sisters. Special events. Things that touched you.

Something about your education, career, positions you have held, work you have done, both paid and voluntary.

Relationships; maybe marriage, children and grandchildren; your parents - are they still alive? Brothers, sisters, nephews, nieces you are close to; friends; partnerships.

Life-changing events that happened to you.

Skills you developed. What mattered in your life, as your life developed.

Your recent life; what you have been striving for recently?

Money. Your attitude to money. Do you have capital, savings, stocks and shares, a house to sell? Do you expect an inheritance one day? Do you have an income? Pensions, now or due one day?

What is your philosophy of life?

Your current favourite pastimes and hobbies. What do you think of TV? Music? Alcohol? Pets?

Spirituality. Are you a member of any organised religion? What do you believe in? What do you think of the beliefs of others?

Morality? Ethics? Green ethics? What do you think of Covid 19, the climate emergency and ecological extinction crisis?

What are you good character points? What aspects of your personality do you like the most?

As you get older, are you becoming more aware of the aspects of your personality that cause difficulty to other people? What are they? What are you doing about it?

What food do you like? Do you like cooking? Do you like or hate any other chores?

Your hopes and dreams. Your thoughts about the future.

Your deepest wishes about living with a group of people in a cohousing community.