

Looking at the Timeline Of Your Life

Most of us are so caught up in day-to-day events that we don't take the time to view our lives as a whole. When we do take a bird's-eye view of our lives, we often discern patterns that were never apparent before, and these patterns can lead us to see new possibilities.

The Timeline on the next page can be used in various ways, so you may want to make several copies of this worksheet. Here are some suggestions on how to use the worksheet, but you may also come up with some ideas of your own.

1. Write down the most the influential events of your life. See if you see a pattern.
2. Write down important people who influenced you during different periods of your life.
3. Write down positive things that happened in different stages of your life. Think about the how these events affected you.
4. Think about a problem you are currently trying to solve. Look back at your life and write down any events that might have contributed to this problem.
5. Take a few minutes to think about what you want to accomplish in the years ahead. Write down significant milestones that you would like to occur in the future.

Other ways to use this Timeline:

Use the notebook page to write down any thoughts or insights you have when you complete any or all of your Timelines. Consider giving a copy of the Timeline to a friend or relative and then comparing your perspectives.

Timeline Of Your Life

0-5 years

Lined area for notes corresponding to the 0-5 years period.

6-10 years

Lined area for notes corresponding to the 6-10 years period.

11-15 years

Lined area for notes corresponding to the 11-15 years period.

16-20 years

Lined area for notes corresponding to the 16-20 years period.

21-25 years

Lined area for notes corresponding to the 21-25 years period.

26-30 years

Lined area for notes corresponding to the 26-30 years period.

31-35 years

Lined area for notes corresponding to the 31-35 years period.

36-40 years

Lined area for notes corresponding to the 36-40 years period.

41-45 years

Lined area for notes corresponding to the 41-45 years period.

46-50 years

Lined area for notes corresponding to the 46-50 years period.

51-55 years

Lined area for notes corresponding to the 51-55 years period.

56-60 years

Lined area for notes corresponding to the 56-60 years period.

61-65 years

Lined area for notes corresponding to the 61-65 years period.

66-70 years

Lined area for notes corresponding to the 66-70 years period.

71-75 years

Lined area for notes corresponding to the 71-75 years period.

76-80 years

Lined area for notes corresponding to the 76-80 years period.

81-85 years

Lined area for notes corresponding to the 81-85 years period.

86-90 years

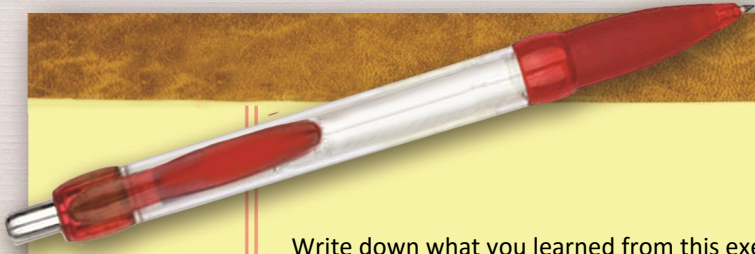
Lined area for notes corresponding to the 86-90 years period.

91-95 years

Lined area for notes corresponding to the 91-95 years period.

96-100 years

Lined area for notes corresponding to the 96-100 years period.



Write down what you learned from this exercise.

A large area of the notepad is ruled with horizontal green lines, providing space for writing. A vertical red line is drawn on the left side of the page, creating a margin.