**The Story of My Life**

Think of positive and negative events that have had a significant impact in your life.  Indicate them on the timeline in the appropriate time zone. The further away you place the memory from the horizontal line, the more significant (think of the horizontal line as a neutral space). Try to identify at least two positive and two negative entries in each time zone.

For each entry, consider the following and add notes on the timeline as appropriate:

* + What was the event?  What happened?
  + How did you react in the situation?  What did you do (e.g. celebratory dance, called a friend to share the good news, yelled at someone, ran away/withdrew from someone)?
  + What emotions did you experience in the situation?  Describe how this particular feeling was so different that it still comes to mind all these years later.
  + What made the event significant for you (e.g. It was the first time I felt betrayed by someone I trusted; I got a lot of praise as a student; my parents were absent at most of my school events; I proved to myself and others that I could overcome challenges; I learned that hard work really did pay off for me; I experienced recognition for my efforts; I was passed over for a promotion I deserved)?
  + What did you learn about yourself?  About the world around you?

Remember to explore various aspects of your life, including significant people and places.  Include aspects of your life that maybe did not feel good at the time, but ultimately good things developed.  Consider the lessons learned from the experiences that you still carry with you today.