

## STEPPING STONES

In a previous activity, you used a continuum like the one below to list significant events/experiences that have occurred in your life. In this activity, we are asking you to either look at that continuum again, or reconstruct it here. After you have done this, answer the following questions to begin to analyze and integrate these events/experiences into a cohesive picture of your life. Repeat this activity for as many time periods as is helpful.

ES	ES	ES	ES	ES	ES
18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	66 - 75

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

**Time Period:** \_\_\_\_\_

1. What memories stand out for you as you think about this period? Why?
2. What people were important to you?
3. What were you doing during this period?

4. How was your health, or the health of your family?
5. What was happening nationally, or internationally?
6. How did the events / experiences you had during this period contribute to your personal and professional growth?
7. How did you use what you learned during this period?
8. Are there any more events, experiences, thoughts, or feelings that you had which characterized this period of your life?
9. If you plan to discuss key points from this period in your autobiographical essay, why do you think this information will be important to share with your reader?