

## TIMELINES

Using the continuum below, list significant events / experiences that have occurred in your life. The "timeline" below lists different chronological ages. Using this continuum, list significant events / experiences that have occurred in your life.

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

Choosing several of the more significant events / experiences that you listed, complete the following:

### EVENT #1:

- What was the time period / year? \_\_\_\_\_
- What were you doing? \_\_\_\_\_
- What did you learn from this event / experience? \_\_\_\_\_

**EVENT #2:**

- What was the time period / year? \_\_\_\_\_
- What were you doing? \_\_\_\_\_
- What did you learn from this event / experience? \_\_\_\_\_

**EVENT #3:**

- What was the time period / year? \_\_\_\_\_
- What were you doing? \_\_\_\_\_
- What did you learn from this event / experience? \_\_\_\_\_



**EVENT #4:**

• What was the time period / year? \_\_\_\_\_

• What were you doing? \_\_\_\_\_

• What did you learn from this event / experience? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**EVENT #5:**

• What was the time period / year? \_\_\_\_\_

• What were you doing? \_\_\_\_\_

• What did you learn from this event / experience? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_