

# *My life story*

Here's the GOAL

You get a chance to look at your life with a little perspective. This worksheet gives you emotional distance on your past that might make it easier to see your strengths as you have exhibited them in the past. When you are done, you may see how the events in your life makes sense and where you might go from here.

Hopefully, you will gain some control over your feelings. "We all have complicated lives but few of us take the time to truly know ourselves and so we are left with a sense of uncertainty.

This exercise opens the door to knowing and appreciating ourselves more deeply.

Keep your reflections to just a few words...no more than 10 words for any title or chapter.

As you think or write, keep an eye on how you feel and notice if you are beginning to feel upset. Take a break until you feel calm again.

# *My life story*

The title of my life story book is:

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Write out at least seven chapter titles for important life stages or events then add one line that describes the chapter in 20 words or less. (example: Growing up on the Farm – My Mom and Dad struggled to keep the family farm while I learned to ride horses.)

Chapter 1

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Chapter 2

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Chapter 3

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Chapter 4

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Chapter 5

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Chapter 6

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Chapter 7

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Ok, now the imaginary part. Think about where the story goes.

My Next Chapter title

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My Next Chapter description

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Extra Credit: Go back and write in you personal strengths that helped you do your best during each chapter for your story.

Strengths

- Enthusiasm
- Trustworthiness
- Creativity
- Discipline
- Patience
- Respectfulness
- Determination
- Dedication
- Honesty
- Versatility
- Loyalty
- Faith in Higher Power
- Courage
- Perseverance
- Cleverness
- Emotional intelligence
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