

# Story of your Life

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The aim of this exercise is to get an overview of your life story.

## **Part 1**

Choose the themes that you want to include. The table on page 3 gives suggestions. Draw or print one table for each decade of the life that you have lived so far. Number your pages: 0-9 years, Teens, 20s, 30s, 40s and so on ... and put in the years to which they refer.

## **Part 2**

Go through each decade or block of years and note down information about your life in the relevant square.

## **Part 3**

Go for a walk and have a break. Let all the information settle.

## **Part 4**

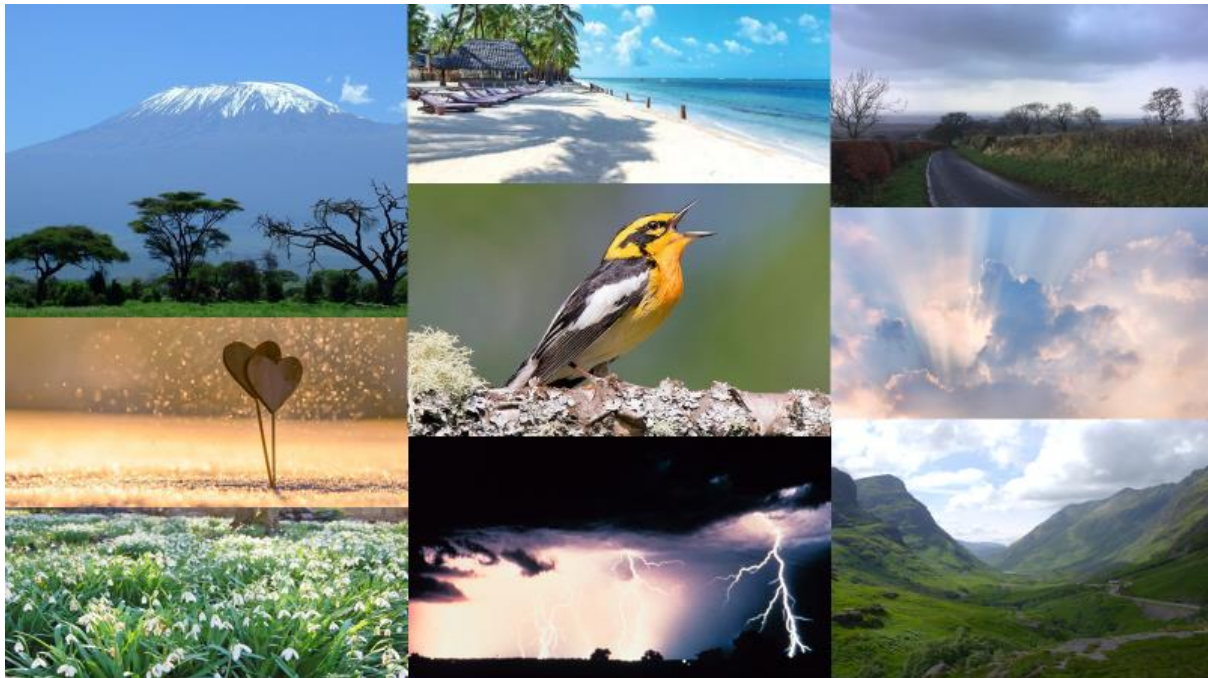
When you are ready, place the pages next to each other, read through the information and highlight with a marker pen the aspects that most stand out for you. Then consider these questions and explore your learning.

- How do you feel as you look back over your life?
- What repeated themes do you notice?
- What connections do you make between different things?
- What are your pivotal moments of change and growth?
- What life lessons can you draw from your experiences?

## Part 5

If you want to do something creative with images, here is an activity that you may enjoy.

Create a collage of pictures, based on the weather metaphors for each of your decades and other elements that you may want to include. You can find images online by typing in key words. Copy and paste them onto a Powerpoint slide or Word document and print them as an A4 mini poster. Perhaps make another poster to accompany it, with phrases that express your life lessons.



Your age, from ..... to ..... Years, (for example 2010-2020) .....

Significant places	Significant people and pets	Significant events	Family relationships
Friendships	School and studies	Work and jobs	Finance /attitude towards money
Physical health / appearance	Spiritual life	Hobbies and interests	Sense of self / general mood

*Weather as a symbol of this time (cloudy, sunny, thunder and lightening ...)*