



# The Story of My Life

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# My Roots and Branches

Grandparent		Grandparent	
_____ Name	_____ Name	_____ Name	_____ Name
From:	From:	From:	From:
Traits & memories:	Traits & memories:	Traits & memories:	Traits & memories:

Parent		Parent	
_____ Name	_____ Name	_____ Name	_____ Name
Occupation:	Occupation:	Occupation:	Occupation:
Traits & memories:	Traits & memories:	Traits & memories:	Traits & memories:

Me	My Partner
_____ Name	_____ Name
A little about me:	A little about my partner:

Children	

Grandchildren	

# Brainstorm Key Events

Write short phrases about key events in your life in the boxes below.

Health	Awards & Accomplishments	Family
Career	Adventure	Service

# Timeline

But how do I know what to include? Ask yourself if it:



Left an impact  
on you



Shifted the direction  
of your life



Is historically  
significant



Tugs at your  
heartstrings

## Childhood–Teenager

## Young Adulthood–Middle Adulthood

## Everything After

# Part 1: My Early Years

Use the following boxes to put your thoughts and ideas into order with the help of your timeline.  
Each box is there for your convenience—use as needed.

## Earliest Memories

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## Ages 8–12

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## Ages 13–18

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## Additional Things to Consider:

**Lessons Learned**

**Historical Events**

**Hobbies**

**Values**

# Part 2: My Grown Up Years

Use the following boxes to put your thoughts and ideas into order with the help of your timeline.  
Each box is there for your convenience—use as needed.

## Ages 19–25

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## Ages 26–35

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## Ages 36–45

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## Ages 46–55

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## Additional Things to Consider:

**Lessons Learned**

**Historical Events**

**Hobbies**

**Values**

# Part 3: My Older Adulthood Years

Use the following boxes to put your thoughts and ideas into order with the help of your timeline.  
Each box is there for your convenience—use as needed.

## Ages 56–64

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## Ages 65–74

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## Ages 75+

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## Additional Things to Consider:

**Lessons Learned**

**Historical Events**

**Hobbies**

**Values**

# My Story

*"Stories are a communal currency of humanity."*

Tahir Shah