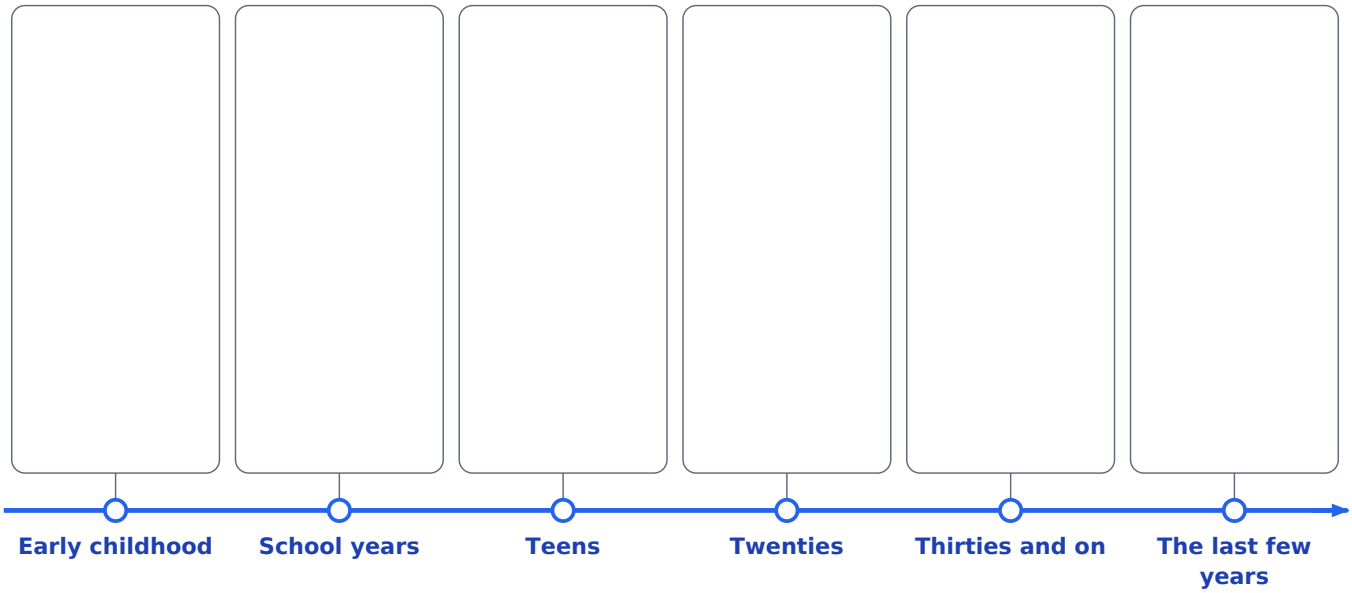
My life timeline

The main events, people and changes in your life, in order.

Name _____ Date _____

Mark the events, people and changes that shaped you: moves, losses, illnesses, relationships, achievements, hard times and good times. Put as much or as little detail as you want. There is no need to write about anything you are not ready to look at.



The times that were hardest

What, or who, got me through them

Themes I notice running through my story

What I would like the next chapter to be about

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