




# MY LIFE TIMELINE




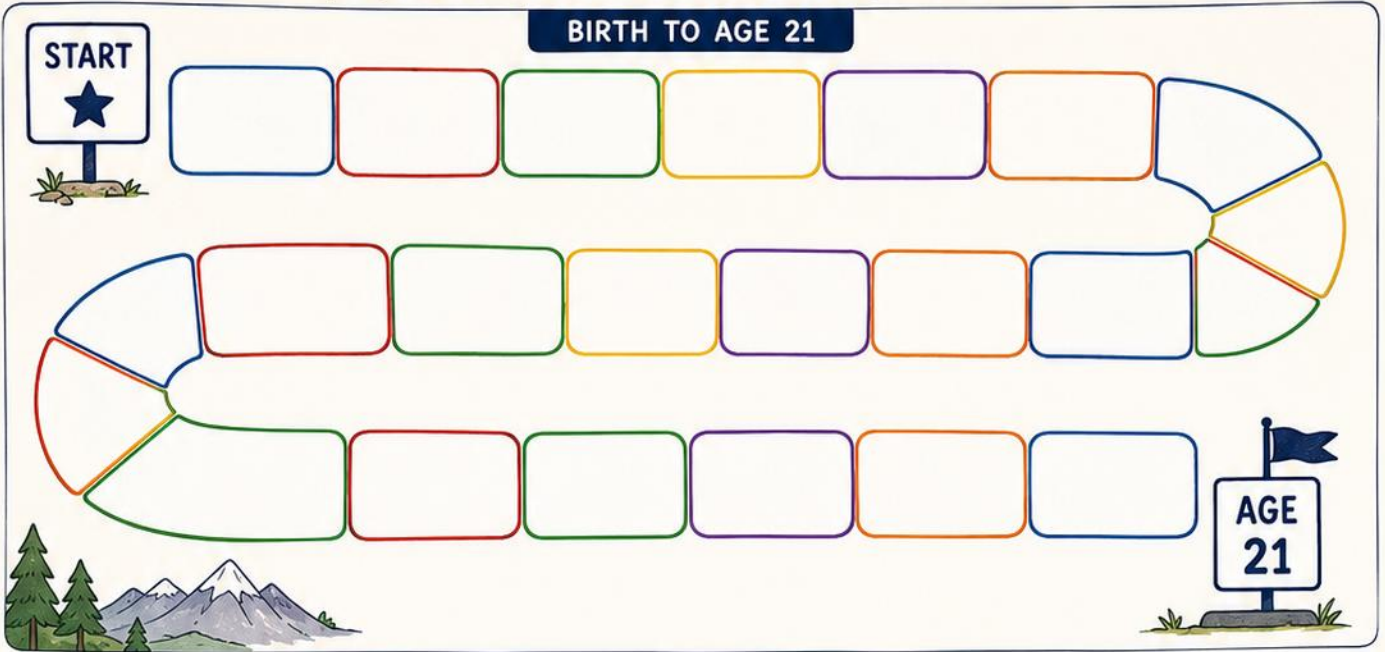
My Story. My Choices. My Journey.

Fill in the spaces with important events, choices, and moments that have shaped your life. Use the colors below to show the impact of each event.


**BIRTH TO AGE 21**


START 

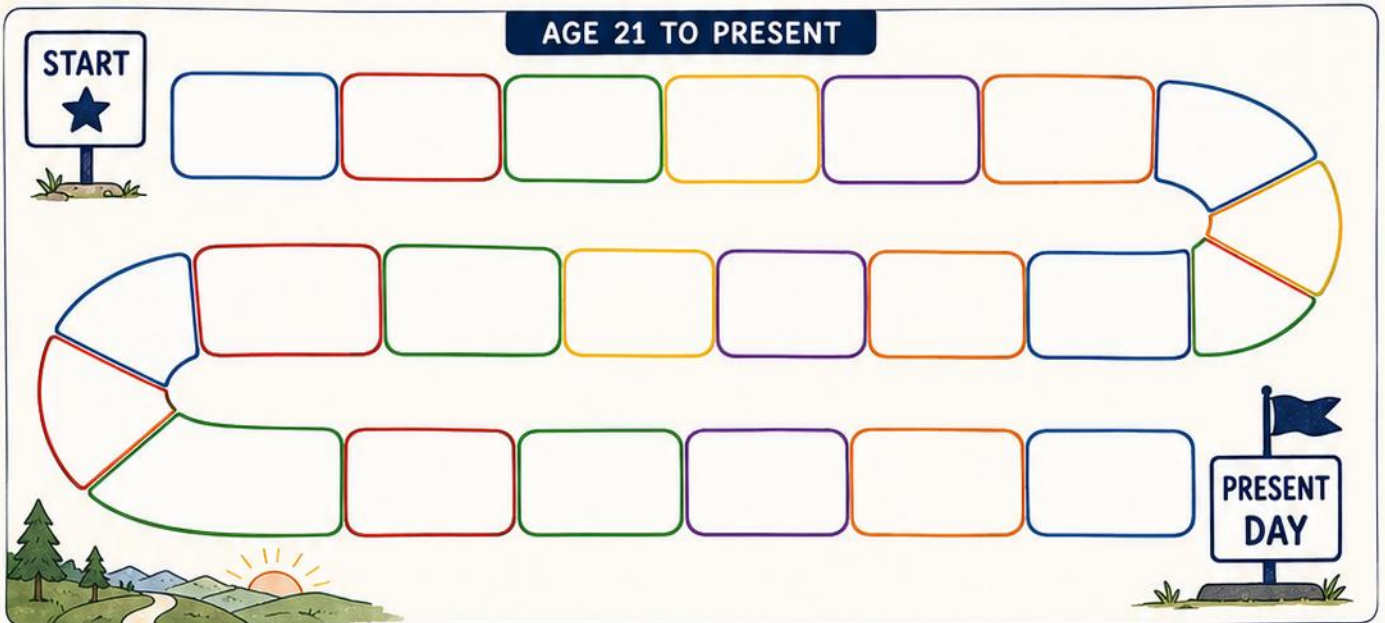
AGE 21 



**AGE 21 TO PRESENT**

START 

PRESENT DAY 



## LEGEND

**BLUE**




Positive events and achievements

**RED**



Negative events consequences, harm caused

**GREEN**



Addiction progression

**YELLOW**



Relationships family, friends, partner

**PURPLE**



Work and career achievements

**ORANGE**



Treatment and recovery efforts

**REFLECTION:** What patterns do you notice in your journey? What are you proud of? What areas would you like to focus on moving forward?

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