

YOUR LIFE TIMELINE

YOUR STORY. YOUR CHOICES. YOUR IMPACT.

How to Play:

1. Fill in key events in the spaces along your timeline.
2. Use the colors to show if the event was positive or negative.
3. Write the choice(s) you made and how they impacted your life.



EARLY CHILDHOOD (0-5)	 POSITIVE EVENT _____ _____	 CHALLENGING EVENT _____ _____	CHOICE MADE: _____ IMPACT: _____	CHILDHOOD (6-12)
	CHOICE MADE: _____ IMPACT: _____	 POSITIVE EVENT _____ _____	 Every choice you make shapes your next step.	
TEEN YEARS (13-19)	 POSITIVE EVENT _____ _____	 CHALLENGING EVENT _____ _____	CHOICE MADE: _____ IMPACT: _____	YOUNG ADULT (20s)
	CHOICE MADE: _____ IMPACT: _____	 POSITIVE EVENT _____ _____	CHOICE MADE: _____ IMPACT: _____	
CHOICE MADE: _____ IMPACT: _____	 CHALLENGING EVENT _____ _____	CHOICE MADE: _____ IMPACT: _____	 POSITIVE EVENT _____ _____	ADULTHOOD (30s-40s)
CHOICE MADE: _____ IMPACT: _____	 POSITIVE EVENT _____ _____	 You are stronger than you think.	CHOICE MADE: _____ IMPACT: _____	
 CHALLENGING EVENT _____ _____	CHOICE MADE: _____ IMPACT: _____	 POSITIVE EVENT _____ _____	CHOICE MADE: _____ IMPACT: _____	PRESENT DAY (Where you are now)
CHOICE MADE: _____ IMPACT: _____	 CHALLENGING EVENT _____ _____	CHOICE MADE: _____ IMPACT: _____	CHOICE MADE: _____ IMPACT: _____	



LEGEND

- Positive Event
A good memory, achievement, joyful moment, etc.
- Challenging Event
A hard time, loss, disappointment, struggle, etc.
- Choice Made
A decision you made at that time.
- Impact
How that choice affected your life (short or long term).

CHOICES MATTER

Look back at your journey. Every choice, every step, has led you to where you are today—and where you're going.

BIGGEST POSITIVE MOMENTS
What are you most proud of?

- _____
- _____
- _____
- _____
- _____

TOUGHEST MOMENTS
What were the hardest times?

- _____
- _____
- _____
- _____
- _____

LESSONS LEARNED
What has your journey taught you?

- _____
- _____
- _____
- _____
- _____

REMINDER

Your past does not define your future. You have the power to keep choosing a better path.

LOOKING AHEAD

What goals, dreams, or choices are you focusing on for your future? _____