

# A TIMELINE OF YOUR STORY

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**Defining moments** are specific experiences, or a season in life, that have made an impression on who you've become. The impact of these moments helped define your identity and how you see yourself and others. Examples include: abuse as a child, loss of a loved one, succeeding in school or receiving a major accomplishment/award, divorce, bullying/teasing, falling in love, etc.

Make a list of your defining moments (both positive and negative):

How did these moments define you?

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As a result, what did you believe was true about your identity?

**Pivotal moments** are specific experiences, or a season in life, that caused your life to go in a new and different direction. Examples include: sudden loss of a job, discovering your purpose, becoming the care-giver for a family member, debilitating illness or injury, etc.

Make a list of your pivotal moments (both positive and negative):

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How did these moments define you?

As a result, what did you believe was true about your identity?

Ages 0-10	Ages 11-20	Ages 21-30	Ages 31-40	Ages 41-50	Ages 51-60
<b>Defining Moments</b>	<b>Defining Moments</b>	<b>Defining Moments</b>	<b>Defining Moments</b>	<b>Defining Moments</b>	<b>Defining Moments</b>
Positive	Positive	Positive	Positive	Positive	Positive
Negative	Negative	Negative	Negative	Negative	Negative
<b>Pivotal Moments</b>	<b>Pivotal Moments</b>	<b>Pivotal Moments</b>	<b>Pivotal Moments</b>	<b>Pivotal Moments</b>	<b>Pivotal Moments</b>
Positive	Positive	Positive	Positive	Positive	Positive
Negative	Negative	Negative	Negative	Negative	Negative

\* Please see attached worksheet for Pre-Work “Moments” descriptions and additional questions.