**Personal Timeline**

**Part 1**

For your personal timeline I would like you to choose **7 important events** and/or decisions you have made in your life. Please feel free to include places you’ve visited/lived, people who are close to you (when did you meet them?), activities you participate in, significant milestones (positive OR negative), or anything else that you think is important.

These are examples you might draw from on your personal timeline:

• Meeting your best friend • Winning a contest • Losing a family member • Overcoming an addiction • Learning to play a difficult song • Beginning a sport • Joining band • Moving to a new place • Anniversary with your significant other • Getting a puppy • Passing a big test • Reading a book that changed your life

Start with your earliest event first and move forward into the present. For each event you will need to do the following:

• Give the date

• Summarize the event in a few words

• Explain why it was important

AN EXAMPLE:
2002 – Parents divorced & I moved in with my mom

2003 – Moved to Georgia
2010 – Tried out for basketball, but didn’t like it.

2010 – Began wrestling as a result of not liking basketball.

2013 – Developed a close relationship with my wrestling coach (who was a Special Education teacher)

2014– Got to know the students in my wrestling coach’s room and really liked spending time with them.

2015 – Signed up for an Early Childhood Education class at school

**Part 2:**

Below you will find a list of experiences that some people want or expect to have. Review the list and put a check beside those you want in your future. Write in any other experiences that are important to you.
Key Events in Your Future:
 \_\_\_\_\_ Graduating from high school
\_\_\_\_\_\_Falling in love
\_\_\_\_\_\_Attending college
\_\_\_\_\_ Starting a career
\_\_\_\_\_ Getting your own place
\_\_\_\_\_ Traveling to new places
\_\_\_\_\_ Getting into a committed relationship/getting married
 \_\_\_\_\_ Having a child/children
\_\_\_\_\_ ( other goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

On your timeline, write in **2 more of the experiences that you’ve checked** in the corresponding place on the timeline to indicate when you want or expect it to happen.