Life Story Exercise

Thinking of your life as chapters in a book, identify key turning points to frame the chapters. For each chapter, identify the age span during which that chapter took place, and a defining theme. Utilize the positive and challenging experiences sections to plot experiences that have been pivotal and shaped your journey. Complete the exercise by developing key learnings and insights as you review your story that have application for how you live your life and lead today.

Chapters:	1	2	3	4	5	6	7	8	9
Years									
Theme									
Positive Experiences									
Challenging Experiences									
Learnings / Insights									