

“Story Of My Life” Outline

The purpose of writing the "story of my life" is so I can get to know you better, and so you can get to know yourself better. Knowing yourself better is one of the most important aspects of honoring yourself. Writing about the details and history that have made you who you are will help you appreciate the choices you've made that brought you to where you are today.

As you are working on your story, it might be difficult to remember these past events. Some find it extremely helpful to go through old photos and scrapbooks to jog their memory.

As you recall your history, you may discover a strong sense of compassion for yourself and what you have been through. You may gain insight into what motivates you, and may even identify patterns or behavior that have been hindering your progress.

To make this easier, you might want to begin by separating your life into decades. As you review each decade in your mind, complete these sentences:

The significant events during this part of my life were _____

The one event I remember most is _____

These events affected my life in the following ways _____

The person(s) who influenced me most was (were) _____

This part of my life affects me now in the following way _____

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