

Life Story Form

This form is designed to help you recall major events of your life. Although the chart is organized chronologically, start with the present and work backward. Include the events you believe are significant influences in bringing you to where you are today. Be as detailed as necessary, without including unnecessary or incidental material. When you are finished, use a highlighter to identify those events you believe are of particular importance.

Life Story Sheet

Year	Your Age	Positive Events	Negative Events
1950			
1951			
1952			
1953			
1954			
1955			
1956			
1957			
1958			
1959			

Life Story Sheet

Year	Your Age	Positive Events	Negative Events
1960			
1961			
1962			
1963			
1964			
1965			
1966			
1967			
1968			
1969			

Life Story Sheet

Year	Your Age	Positive Events	Negative Events
1970			
1971			
1972			
1973			
1974			
1975			
1976			
1977			
1978			
1979			

Life Story Sheet

Year	Your Age	Positive Events	Negative Events
1980			
1981			
1982			
1983			
1984			
1985			
1986			
1987			
1988			
1989			

Life Story Sheet

Year	Your Age	Positive Events	Negative Events
1990			
1991			
1992			
1993			
1994			
1995			
1996			
1997			
1998			
1999			

Life Story Sheet

Year	Your Age	Positive Events	Negative Events
2000			
2001			
2002			
2003			
2004			
2005			
2006			
2007			
2008			
2009			