

Personal Life History

Tell about the key people, places, and events that have shaped you in each decade of your life. Then answer a few of these questions to gain insight about how you have become the person you are now.

- How do the different decades compare?
- What trends do you see?
- What themes emerge from your life?
- What characteristics have you developed as a result of your life experiences?
- What in your life history has made you strong?
- Are there “shadow stories” that could limit you?
- What in your life history has helped you face & overcome challenges?