

Part 3.

The Story of My Life...

The Past, the Present, and the Future.



Telling Your Life Story.



Telling your life-story is a tradition that dates back thousands of years. Here are 3 important things about telling your life story...

1. Remember that whether your story is extraordinary or ordinary it is worth telling...
2. In telling your story see if you can understand how it has had an effect on the way you feel about things, the way you think about things, and the things you do...
3. Try to tell the story of your life in as complete a way as possible. Think of it in three complete parts: the past, the present, and the future...

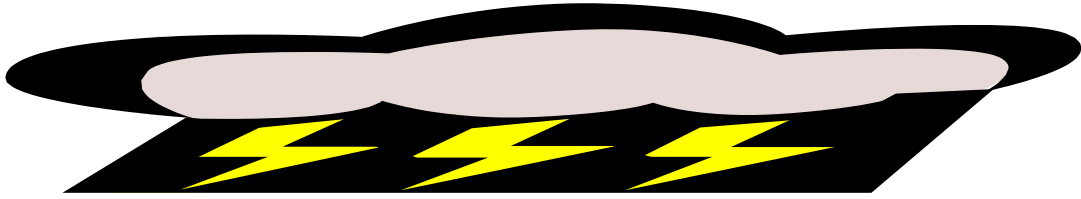
The Past...



Describe or draw a picture of the best day of your life so far...

What is it about this day that made it important in your life story?

The Past.

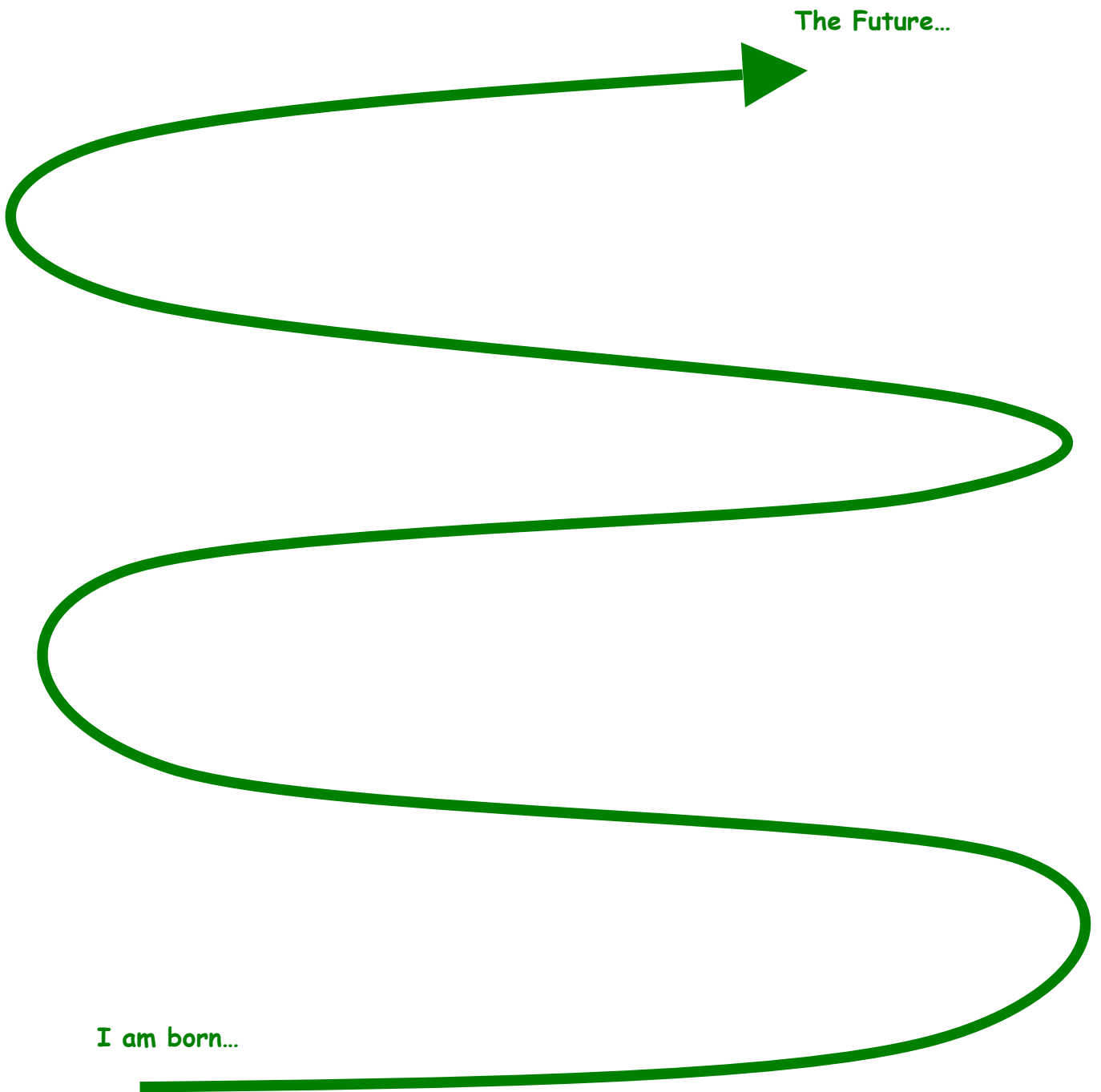


**Describe or draw a picture of the most difficult day
of your life so far...**

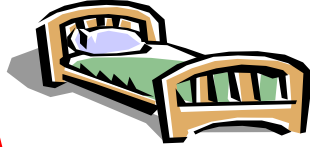
**What is it about this day that made it important in
your life story?**

My Lifeline.

Use this lifeline to mark out all the important events that have happened in your life starting with when you were born...



The Present. An Average Day In My Life...



At night I...

In the evening I...

In the afternoon I...

In the morning I...

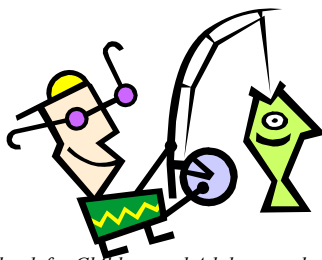
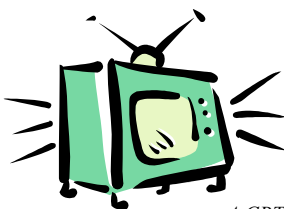


The Present.



My closest friends are...

My favourite hobbies and interests are...



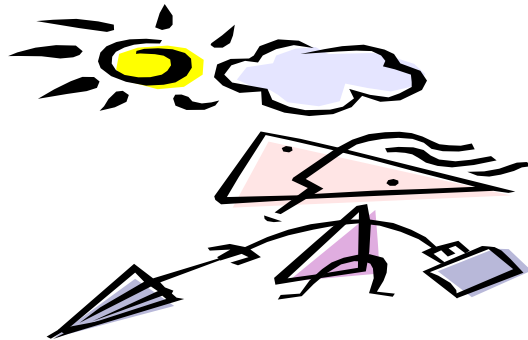
The Present.



The best things about my life at the moment are...

What is it about these things that make them important in your life story?

The Present.

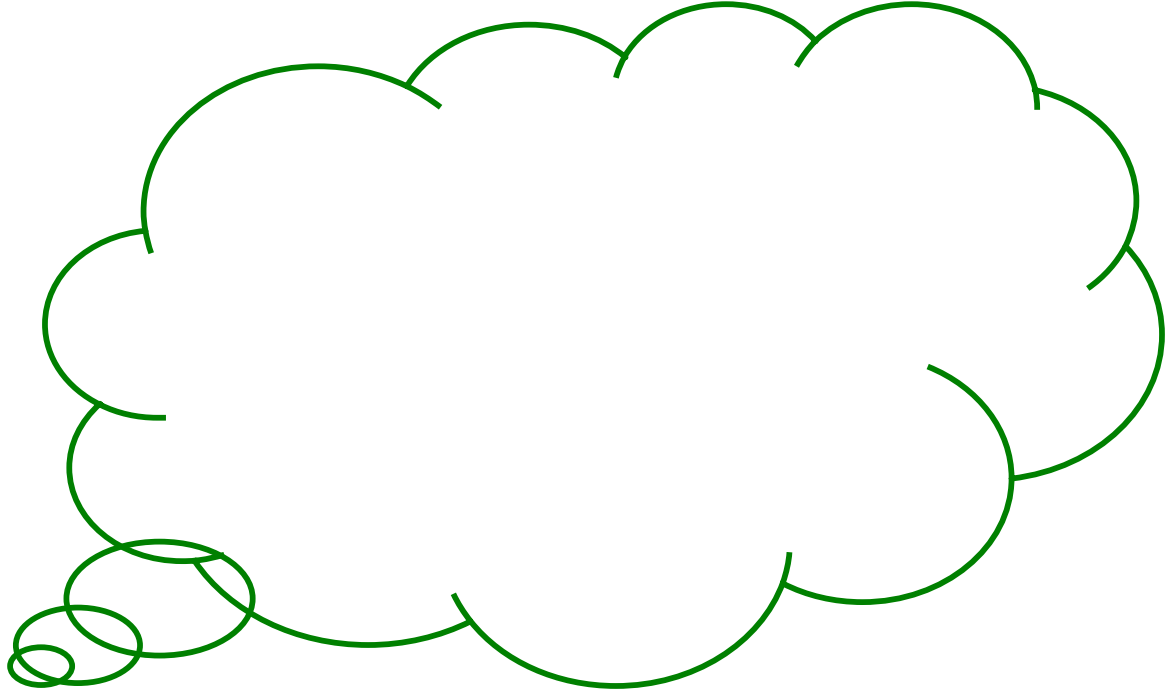


The greatest challenges I face in my life at the moment are...

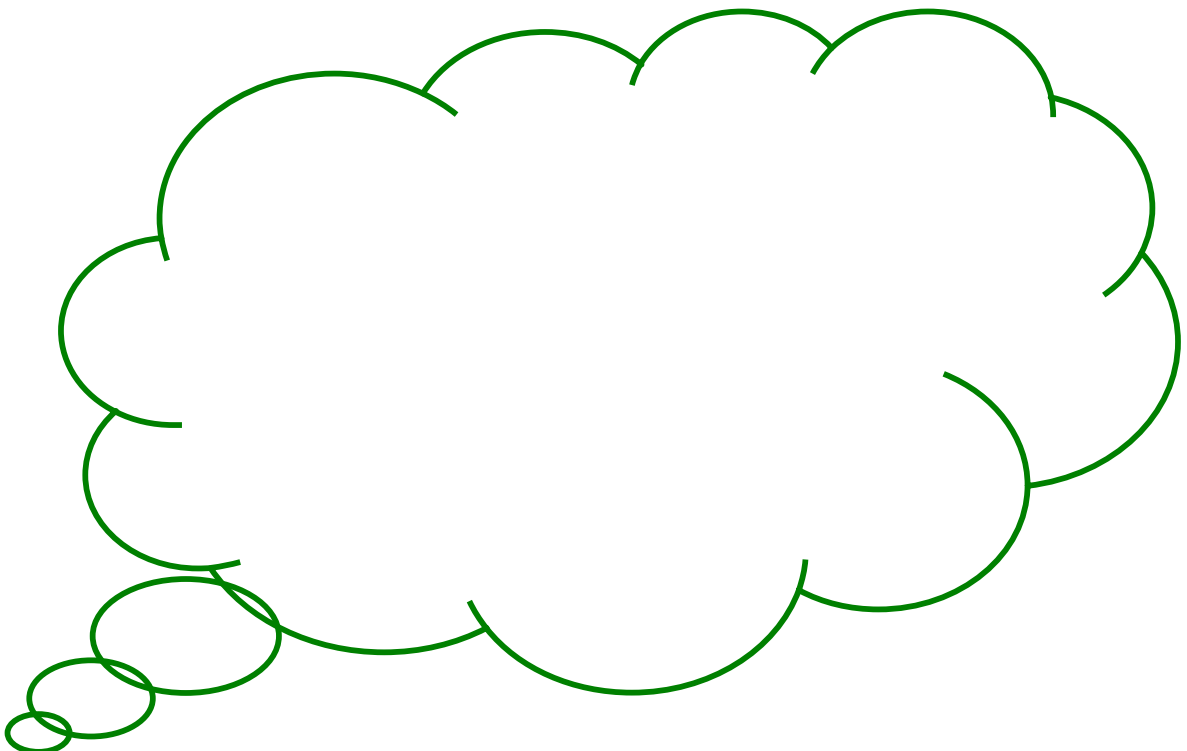
What is it about these things that make them important in your life story?

The Future.

These are my dreams and ambitions for the future...



The things I fear most about the future are...



The Future.

These are the things I am going to do to make my dreams and ambitions for the future come true...

1

2

3

4

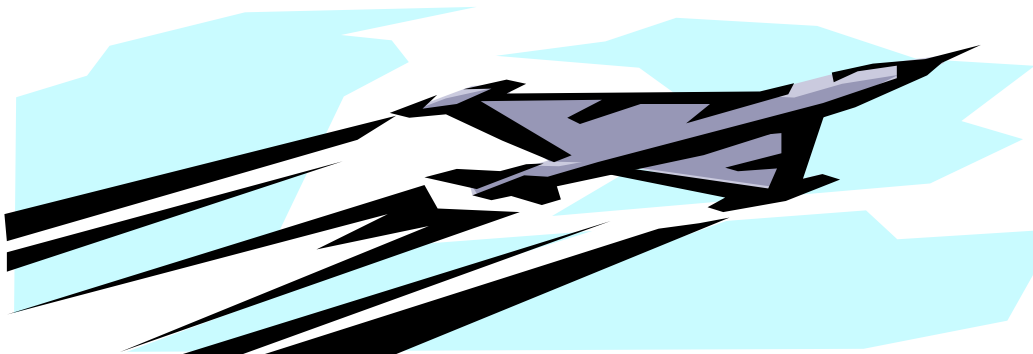
These are the things I would like other people to do to help me to make my dreams and ambitions for the future come true...

1

2

3

4



The Story of My Life.

From completing this part of my guidebook I think the most important things about my past, present and future are...

