

Autobiography and Life Markers

An important element that leads to growth is knowing who you are, your history, your context, and where you came from. If you do not understand your roots, you will inevitably get stuck in unproductive patterns.

Write out some major markers in your life in 5-year increments. I encourage you to include the *positive life-giving experiences* and the *painful moments* of your past that helped shape you. This will be treated with utmost respect by me since your confidentiality is of great importance.

Areas to cover during each 5-year increment:

- Where you were born, and how many siblings were in your family
- Your early relationship with your mother and father and their personalities
- Your relationship with other caregivers
- Your relationship with each sibling
- Significant losses
- Traumatic experiences (relational/environmental)
- Major medical issues
- How many times your family moved
- Your school experience
- Strengths you discovered about yourself (academic, sports, arts, leadership, etc.)
- Mentors who made a difference
- Your faith story
- Your marriage(s) and romantic history
- Your kids (if any)
- Your career path
- Personal, relational or addictive struggles
- Your gifts and talents

Age Increments

0-5; 6-10; 11-15; 16 -20; 21-25; 26-30; 31-35; 36-40; 41-45; 46-50; 51-55; 56-60; 61-65; 66-70; 71-75 and so on.

Your Life Markers Worksheet Example

Age 0-5

Age 6-10



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Age 11-15

Age 16-20

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Age 21-25

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Age 26-30

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Age 31-35

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Age 36-40

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Age 41-45

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Age 46-50

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RESTORING THE IMAGE OF LOVE

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Age 51-55

Age 56-60

Age 61-65

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Age 66-70

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