



My life story

This worksheet will aid in:

- Capturing your life story and gaining perspective of your life as a whole
- Making meaning of experiences
- Documenting all the important events, memories, relationships that have shaped you
- Understanding what is important to you now as well as moving ahead

There are multiple ways in which you can do this activity. While some are mentioned below, you could get creative and do it the way you see best!

Method 1: The Timeline

- Draw a timeline.
- Mark the first point as the day you were born and the last point as today's date.
- Think about all those events that stand out to you, or have made an impact on you, over the years. Note these down on the timeline.
- Add details about these events. How old were you? Where were you? Who were the people involved? Why did this have an impact?

Method 2: The Life Story Book

- Imagine that you're writing a book, based on the story of your life.
- Start by writing the title of this book.
- Next, decide upon the sections of this book. These could be based on different time periods, stages, events of your life. Give them each a title and write down a description or summary of each.
- Now, add a section that focuses on your future. Write it as if it has already taken place. What does it look like? What are you doing? Where are you? Who is part of your life?
- Finally, go through everything you have put together till now and see if it needs any additions. You can even illustrate by your sketches or adding scraps to make it more colourful and interesting (as per your choice).

Method 3: The Tree of Life (Georgia et. al, 2014)

- Draw a tree in any way you like. Remember this isn't a test of your drawing skills. The picture need not be perfect. Just make a tree that you like. Draw different parts like the roots, ground, trunk, branches, leaves, and fruits.
- Now add names and details based on the following prompts and what different parts stand for:
- Roots: Write about where you come from, your hometown, places you've lived over the years, your family history, your immediate family and others who played a big part in your life,
- Anything else that helps you feel close to your roots.
- Ground: This is your current place (IIT-B!) and your everyday life. Write down your daily activities, any other details from your current life here.



- **Trunk:** It represents all your skills and abilities. What are you good at, proud of?
Branches: Use this space to write your hopes, dreams, and wishes. Where would you like your life to go from here?
- **Leaves:** The leaves stand for all the people that matter to you. You can also include those who may have passed on. And pets!
- **Fruits:** These are all the gifts that you have received. This does not necessarily mean material gifts but anything that was given to you. Maybe someone was kind to you, you had some happy memories, you felt loved, etc.

Some questions to reflect upon once you're done:

- Who are the people who have impacted you the most? Who is important to you currently?
- What are some roles that you have played in your life?
- What are you most proud of?
- What got you through your difficulties?
- How have different experiences shaped who you are today?
- Where would you like to go from here?