

Week 1

Crafting Your Life Narrative

Your life isn't a series of random events of happenstance, it's an interconnected web of experiences that have shaped you into who you are right now and who you most want to be in the future -- you just need to look and tell your story in a way that connects the dots. This exercise will help you do just that.



List your 3 favorite childhood memories of yourself (or ones that people have told you about you).

List one major moment from your teen years that still sticks with you today.

Write down your favorite family tradition or ritual that you've brought into your adult life.

Tell a short story about a perceived failure.

Write down your two favorite jobs and why.

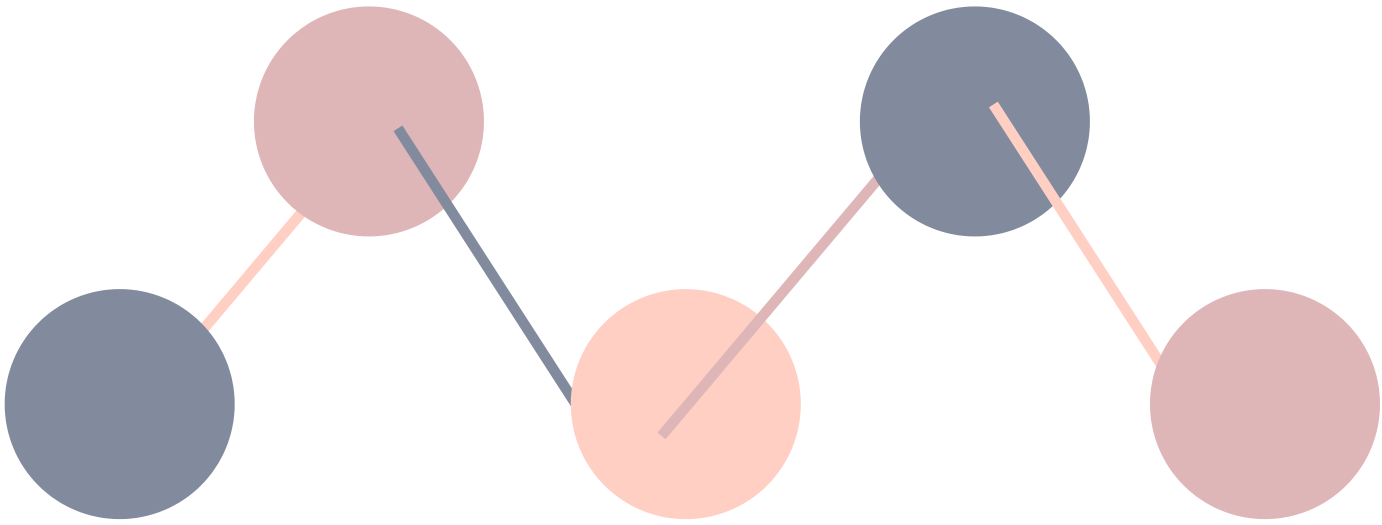
Write about a family member that you admire (or admired) and why.

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Now it's time to connect the dots. In each dot, re-read your responses from page 1 and list the common personality traits, habits and characteristics that you consistently displayed or wrote about in your responses.



Now it's time to bring it all together. Look at all your consistent qualities and traits. Close your eyes and envision those traits carrying over into the FUTURE YOU. The you that is the very best version of yourself. What does your future life look like? How are you showing up? Write it all down.

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Tell your story your way. Take everything you've written down -- both the PAST YOU and the FUTURE YOU details and weave it into a story that is all CONNECTED. Make your moments have meaning. Don't count anything as a random moment but as a moment connected to a learning or relationship that lead to something in your future.

A large, empty rectangular box with a thin orange border, occupying the central portion of the page. It is intended for the user to write their life narrative.