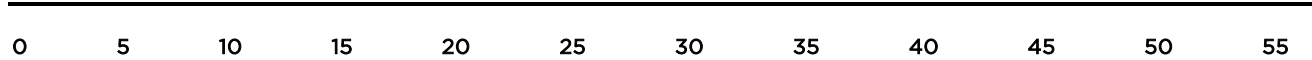


## LIFE TIMELINE WORKSHEET - IMPACTFUL MOMENTS



Most of daily life is a blur but when you reflect back on your life, there are certain events and moments that you remember so vividly it was like they happened yesterday, both positive and negative. Take 15 minutes to reflect back to the beginning of your life, capture those key moments that immediately come to mind and write them in a 1-3 word phrase at the appropriate place on the timeline above.

**Once you complete your timeline, ask yourself the following questions:**

What emotions do these events trigger?

How do you feel these events have shaped you as a person? As a leader?