

## Notes: My most significant life events

- *Use the boxes provided to share your most significant life events.*
- *Take time to think about what you would like to share about the following:*
  - *The most difficult time in your life (a time when life was a struggle)*
  - *The best time in your life (a time when life felt free and easy)*
  - *The saddest time in your life*
  - *The happiest time in your life*
  - *An event that had a very significant impact on your life*
  - *The thing you are most proud of in your life*
  - *The thing that you are most thankful for in your life*
  - *How you would like people to remember you*

*Spare sheets have been included at the end of this document in case you need more space.*

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# My significant life events

The most difficult time in my life was...

The best time in my life was...



# My significant life events

The saddest time of my life was...

The happiest time of my life was...



# My significant life events

An event that had a very significant impact on my life is...

The thing I am most proud of in my life is...



# My significant life events

The thing I am most thankful for in my life is...

I would like people to remember me as...



Continuation sheet for:



Continuation sheet for:

