

Instructions: Make a timeline of your life and the events that have taken place. Put the date/year above each vertical line and write the event(s) under each one. Put a 😊 by events that were positive or good and put a ☆ by events that were big road blocks or important in your life. Include things like “depression started,” or “married,” or “baby born.” This assignment will help you think through where you are at spiritually, physically, and emotionally.

