



Defining Life Moments

LIST TOP 10 HIGH POINTS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

LIST TOP 10 HARD TIMES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Life-Line

Identify your top ten defining life moments. Place them chronologically on the life-line and assign each one a value between -10 and 10.

