

Writing Exercise

List words/phrases that come to mind when you think of the life you have lived up until now. In one column list the obstacles or challenges that have shaped you. In the other column list the triumphs, pivotal moments or successes that you've experienced. Be as specific as possible—whatever words **first** come to mind when you think of your life.

challenges

triumphs

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List **6 people who have been significant** in your life—for good or bad. Think of family, friends, co-workers, significant others, pets, even someone you only encountered once.

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List **4 significant life events** that have shaped who you are or are becoming.

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List **3-6 dreams or goals** you have for your future.

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List **3 situations** when you have felt like an outsider to a group.

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