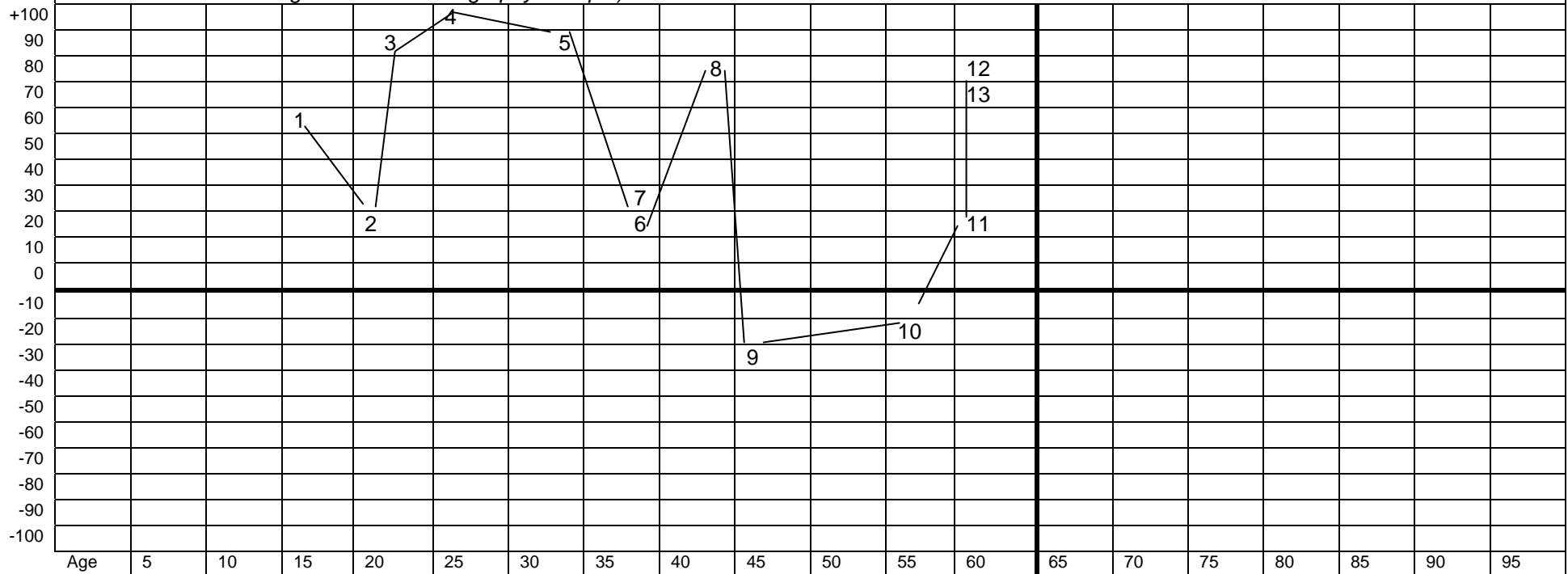


b. Timeline

Draw a timeline of the decisions in your life with major forks in the road and major events on a lifeline graph. (You can use the attached diagram to help with this process.) We provide an example below.

LIFELINE

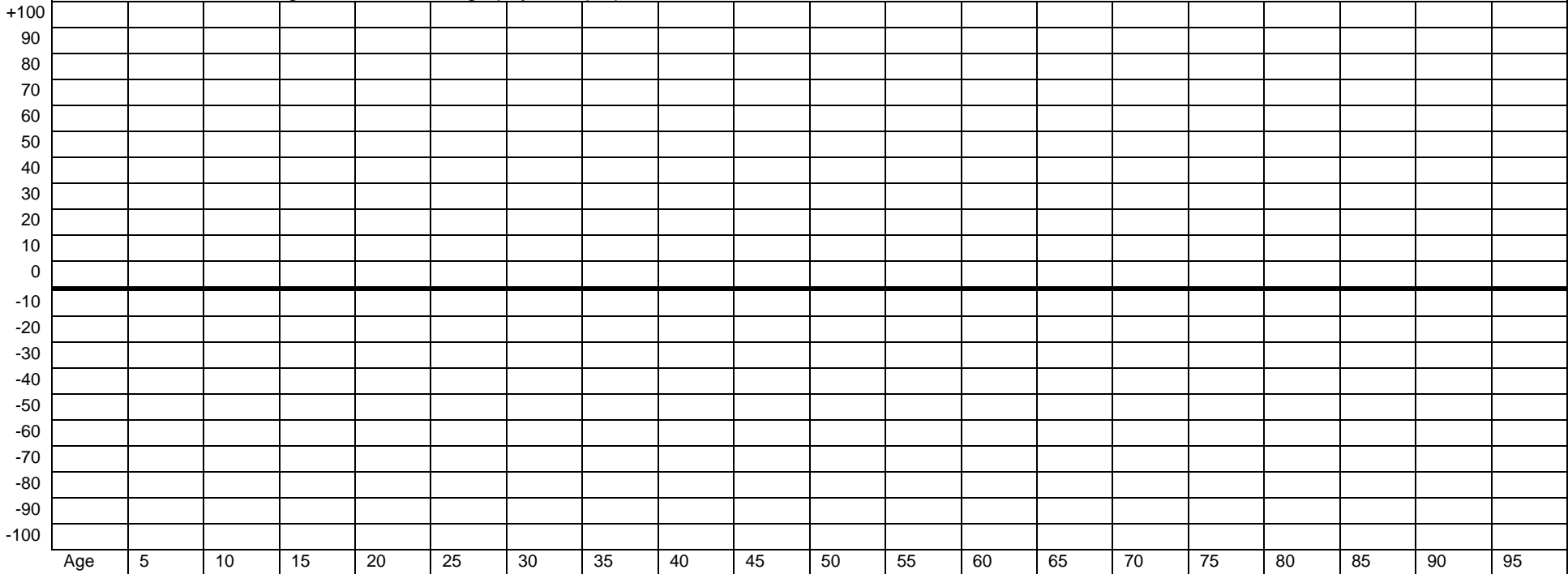
On the chart below, place a dot at your age for each major decision or branching point in your life. **Rate the event by the way you feel about it turned out for you, on a scale of plus or minus 100.** Connect the dots to create your lifeline. Draw a vertical line for your present age, and project your lifeline into the future. Number the major events and provide an explanation in the table below the chart. (From James E. Birren and Kathryn N. Cochran, *Telling the Stories of Life through Guided Autobiography Groups.*)



1. Deciding to go to College	2. Moving on to Graduate School	3. Deciding to get married	4. Deciding to have children
5. Taking a Non-Profit Job	6. Deciding to go to Business School	7. Taking a job in Consulting	8. Beginning a career in Journalism
9. Accepting a job in Corporate America	10. Deciding about Retirement	11. Deciding to do Technical Writing	12. Going back to my Writing
13. Agreeing to write this Book	14.	15.	16.

LIFELINE

On the chart below, place a dot at your age for each major decision or branching point in your life. **Rate the event by the way you feel about it turned out for you, on a scale of plus or minus 100.** Connect the dots to create your lifeline. Draw a vertical line for your present age, and project your lifeline into the future. Number the major events and provide an explanation in the table below the chart. (From James E. Birren and Kathryn N. Cochran, *Telling the Stories of Life through Guided Autobiography Groups.*)



1.	2.	3.	4.
5.	6.	7.	8.
9.	10.	11.	12.
13.	14.	15.	16.