

# THE STORY OF MY LIFE

NAME

DATE

This storytelling outline helps you organize life events and gain self-compassion, without going too deeply into the memories. Recounting your story is important for creating coherent episodes from chaotic events that may seem unrelated.:

Book title:

Consider the themes your story reflects. What title best captures your story?

You may want to answer this last.

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Our hero is..

Describe yourself as a hero. What attributes, traits, and qualities define you?

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Write Chapter titles below that represent significant life stages and events. Write 1-2 sentences to describe each chapter.

Example: **Chapter 1. Home is where the Army sends you.**

*As a child, I learned to appreciate people and relationships more than things and places, because my Dad's job kept us moving often.*

Chapter 1

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Chapter 2

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Chapter 3

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# THE STORY OF MY LIFE

## Chapter 4

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## Chapter 5

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## Chapter 6

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## Chapter 7

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