

“My Story” by \_\_\_\_\_ Date: \_\_\_\_\_

**As told through the many worlds you have navigated in your life.**

As you look back on your life experiences, you may realize that you have navigated through many different worlds and learned lessons from these that you might want to pass on to your children and grandchildren.

Write down your thoughts and experiences to these questions, and then create a document or video which can become a living legacy of your journey.

We have created eleven different worlds that many people navigate. Write about any of them that relate to your unique journey. Take your time. They don't have to be completed in any particular order.

Once you have finished your writing, let it sit for a few days, and then re-visit what you have written. Feel free to make any changes that you wish to make.

Enjoy your amazing journey.

**THE WORLD OF ME - Who am I? <sup>1</sup>**

We have personalities, temperaments, and ways of being. Every person is unique, and part of maturing is discovering who one is and what he or she needs. We also change our views, attitudes, beliefs, and behaviors as we age.

Name, birth date, birthplace:

Write about your personality, temperament, views, attitudes, beliefs, behaviors, and ways of being:

What have you learned about yourself?

What would you like to pass on about what you have learned about yourself?

**THE FAMILY WORLD -- Where do I fit?**

We are born into a family. To survive and thrive in that family, we act in certain ways, trying to fit in and be safe. We are scripted into roles, and we play with them all of our lives.

Mothers name, birthdate, birthplace, brief mother's family history:

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<sup>1</sup> Dr. Michael Obsatz, Navigating Our Many Worlds, article was written February 2021, <https://lifesjourney.us/navigating-our-many-worlds/>

Father's name, birth date, birthplace, brief father's family history:

Siblings and relatives, stories about, etc.:

Circle which role(s) you learned to play in your family or add new a new role.

The smart one - The quiet one - The clown - The rescuer of the family – The mediator, go-between  
The one who messes up - The passive one - The good listener - The therapist - ?

Say more:

What did you learn to do to survive and thrive in your family?

What have you learned about being part of a family?

What would you like to pass on about what you have learned about family?

Share more about your family experiences:

### **THE SCHOOL/PEER WORLD -- How do I cope with others and organizational demands?**

We then join the peer world, the world of children and school. We learn to play the school game, fit in, and get along. We found our group, or niche, if we are lucky. We learn to play a part in that group. We learn the student role, and the friend role.

Who were your friends growing up? Who do you keep in contact with now?

What schools did you attend?

Share a childhood school story that was challenging at the time:

What groups, sports, organizations, activities, etc. were you involved with in your school days?

Share about what you did after high school and how has that influenced your life:

What have you learned about being part of a school/peer group?

What would you like to pass on about what you have learned about school/peer groups?

## **THE PARTNER WORLD -- How do I maintain my own integrity and still adapt to my partner?**

Eventually, we may find a romantic partner. We play the boyfriend or girlfriend role, this world changes as we age, and we adjust and adapt to expectations. And we learn to relate to our partner's family.

Share a story about your first years of dating:

Share about a relationship breakup or argument you experienced and what you learned:

Share about a what it felt like when you were first introduced to your partners family:

Share about your relationships, marriage(s), divorce(s), partner illness/death; how did you adapt?

What have you learned about being with a partner?

What would you like to pass on about being with a partner?

## **THE PARENT WORLD -- What skills are needed to raise this child?**

When we have children, we join the parent world. Making decisions daily that affect a smaller, helpless being.

How did you survive being a mother or father, (uncle, aunt, teacher, neighbor) to a child(ren)?

What were some of the most difficult and/or rewarding aspects of raising a family (or associated with)?

What have you learned about being a mother, father, (uncle, aunt, teacher, neighbor) to a child(ren)?

What would you like to pass on about being a parent? (or part of a child's life)

## **THE GRANDPARENT WORLD -- How involved do I become?**

When our children grow up, and have children of their own, we learn to navigate the grandparent role. What are rules, boundaries, and limits?

Share a story about "letting go" and allowing your children to learn "their way" on how to navigate their many worlds:

What were some of the most difficult and/or rewarding aspects of being a grandparent? (elder, etc.)

What have you learned about being a grandparent (uncle, aunt, neighbor, teacher)?

What would you like to pass on about being a grandparent? (elder, etc.)

### **THE WORK WORLD -- How can I be productive, make a living, and get along with others?**

We start working in young adulthood, and have to adjust to bosses, co-workers, workplace etiquette and rules. If we change careers and jobs, we must adjust to new roles and people. There are often new skills to learn.

Where are you working now or places you have worked before?

What has happened in your life that got you to the place you are working? (or once worked at)

What aspects of your work do you enjoy and what aspects do you not enjoy?

Share a meaningful work experience that gave you a new perspective on life:

What have you learned about being part of the work world?

What would you like to pass on about being part of the work world?

### **THE ADULT FRIEND WORLD -- Who are my people?**

Who we befriend determines how we relate, connect, and act. We develop social groups, hobbies, and past times which often have guidelines and practices of their own. It is a time of discovery of what one loves to do in one's spare time.

What social groups, hobbies, and past times are you involved with?

What friendships have you made in your adult friend world?

What do you enjoy doing the most in your spare time?

What have you learned about being part of an adult friend world?

What would you like to pass on about being part of an adult friend world?

## **THE COMMUNITY MEMBER WORLD -- What is my social and political responsibility?**

We can become socially and politically active in our communities. As a result, we are thrust into a variety of environments. We develop social values and live them out. We are part of a neighborhood. When we move geographically, we have to start over making new connections, and learning how to fit in.

Where have you lived? Why did you move there?

What social and political groups have you been active in? What drew you to join these groups?

What have you learned about being a community member?

What would you like to pass on about being a community member?

## **THE SPIRITUAL WORLD -- What is my relationship to the Divine?**

We join religious groups and institutions, and develop our spiritual lives. We connect with different people from different backgrounds, races, ages, and social classes. We develop spiritual practices which provide amounts of comfort and support. We explore questions like "What does my life mean?"

What religious groups have you been active in? (childhood, young adult, family time, elder years)

What do you believe about God? About "what does my life mean?"

Share a story about connecting with people from different backgrounds, races, ages, and social classes:

What spiritual practices do you currently do, or have done? (prayer, meditation, mindfulness, yoga, being in nature, etc.)

What have you learned about your spirituality and being involved in religious groups?

What would you like to pass on about your spirituality and being involved in religious groups?

## **THE ELDER WORLD -- How do I grow old and still maintain my sense of identity and worth?**

As we age, we may retire from work. We grow older, and develop various health issues. We often become medical patients, and generally have to deal with changes in our bodies, hormone levels, and

energy levels. Eventually, we decline, and finally die.

What are you looking forward doing as you grow older?

Share about your medical history, how it has impacted your life, and your health expectations as you age?

What are your thoughts and fears about dying? What do you think happens to you after death?

My beliefs about when life is no longer worth living are:

I am of the \_\_\_\_\_ faith and a currently a member at:

I would like a funeral (casket)\_\_\_ memorial service (cremation)\_\_\_ other:

I would like my burial to be at:

Funeral/burial arrangements have been made \_\_\_\_, not made \_\_\_\_ at:

I would like my funeral/memorial service/other to include the following people, hymns/music, scripture/sacred words, rituals, etc.):

What do you want to tell your spouse, family, and others about living their life after you die?

What have you learned about being part of the elder world, or from elders, in your community?

What would you like to pass on about what you have learned about elders?

Many people do not give themselves enough credit for navigating all of these worlds, and adjusting to a wide variety of roles and expectations. Pat yourself on the back for navigating all these worlds. You are loved, and always will be loved. You have shared your love with so many who will forever be inspired and changed for the better. You have done well to navigate through your many worlds.

What more would you like to share about your life's journey, lessons learned, love shared, struggles, etc.?

**On separate sheets of paper draw a picture, write a poem, etc. or attach pictures.**

**Other Options for “My Story”**

- 1 – Feel free to add, change, or delete any questions or prompts. i.e. favorite recipes, travel experiences, etc.
- 2 – Video or audiotape your responses; include photos and whatever you feel inspired to include.
- 3 – Create a photo book with your responses and photographs.