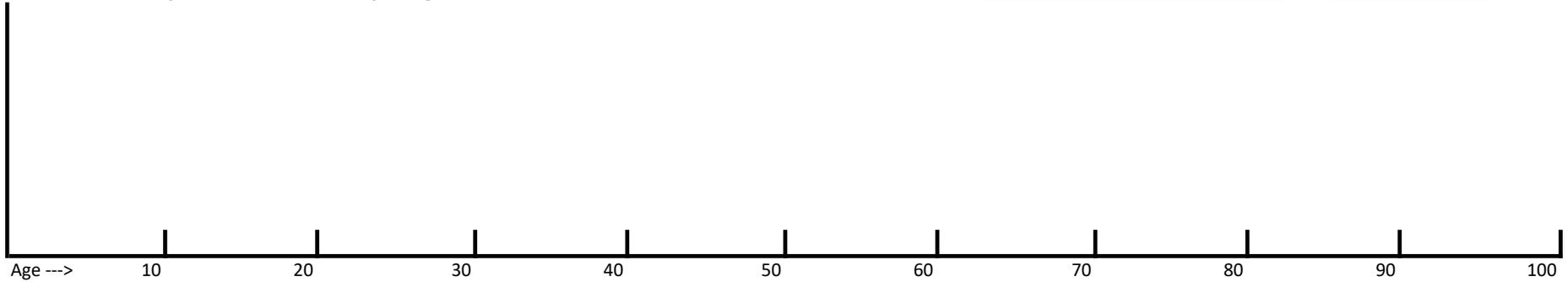


# Lifetime Joys, Losses, and Everything In-Between Timeline Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_



No.	Life Event/Transition	What I Learned/experienced ...	Life Transitions/Experiences
1	_____	_____	Birth/Death/Miscarriage
	_____	_____	Marriage/Engaged/Divorce
	_____	_____	Relationship beginning/breakup
	_____	_____	Graduation/Drop out
	_____	_____	Welcomed/Excluded by family
	_____	_____	Empty-nesters, Living together
	_____	_____	Good or poor health, Illness
	_____	_____	Addiction/Treatment/Recovery
2	_____	_____	Getting or losing a job, Illness
	_____	_____	Being nurtured/being abused
	_____	_____	Being abandoned/neglected
	_____	_____	Dream realized/Loss of dream
	_____	_____	Fire/Natural disaster/Homeless
	_____	_____	Joining/Leaving a community
	_____	_____	Accident/Mistake/Acceptance
	_____	_____	Retirement/Relocation/Moving
	_____	_____	Getting or losing car or home
	_____	_____	Systemic/Cultural/Religious
	_____	_____	Military Service/War/Peace
	_____	_____	Coming out/Judged/Accepted
	_____	_____	Economic/Political changes
	_____	_____	Being a Caregiver/Cared for
	_____	_____	Travel/Homebound, Aging

**What I learned/experienced:** to love God, another, myself, creation, to feel loved, to care for another, to be cared for by another, patience, better understand my... grief, anger, greed, sadness, family, friends, co-workers, spiritual community, mission; courage, being resourceful, letting God, prayer, meditation, gratitude, praise, singing, dancing, traveling, expanding worldview, meeting new people, new experiences. pain, isolation, loneliness, sadness, crying, depression, anger, resentment, forgiveness, repentance, renewal, rebirth, transformation, poverty, racism, sexism, prejudice, inequality, hatred, economic hardship, political turmoil, power differential, exclusion, acceptance, support from others life is difficult, most often I'm not in control, life is not all about me, death...we all die, joy, happiness, reconnection with God, others and myself, hope, taking risks, letting go, laughter, to love myself, reassurance, nature, abuse, addiction, suicidal ideation, broken heart, helping others, etc.