

A Snapshot of My Life Through the Years – Example

Name: Sam Smith

Date: July 30, 2024

Write four short phrases for each decade of your life lived and dreams for those decades you have still to live.

Birth to 10:

Born February 4, 1956, parents John and Mary Smith

Grew up in Denver, CO, oldest of three children

Grandparents and other family lived close by

Enjoyed school, had good friends, played soccer

11 to 20:

Confirmed at St. John's Church

Enjoyed summer vacations with family

High school girlfriend Lisa, went to prom

Played trumpet in the school band, band trip to Spain

21 to 30:

Graduated BS bio-medical engineering at CU Boulder

Work at ABC Bio-Medical Device Company - engineer

Married Lisa, we welcomed son Joseph, and dtr. Anna

Active with family, friends, and church community

31 to 40:

Welcomed daughter Susan and enjoying family time

Family active at church, school sports and activities

Promoted to Bio-Medical Device Co. manager

My father John, diagnosed with Alzheimer's

41 to 50:

Enjoyed family time and vacations

My father John died peacefully at age 78, grieving

Our three children were very active in sports and music

Son Joseph and daughter Anna graduated CU Boulder

51 to 60:

Daughter Susan finished CU Boulder graduate school

Anna married Jason; Joseph married Alex

Lisa's mother died of cancer, grieving and miss her

Bio-Medical Device Co. continues to grow, very busy

61 to 70:

Susan married Tom, four grandchildren now

Lisa and I celebrated our 45th anniversary in Hawaii

Retired after 41 years at Bio-Medical Device Co.

Volunteering – Habitat for Humanity and at church

71 to 80:

Looking forward to more time with family and friends

Looking forward to traveling the USA in our RV

Looking forward to volunteering more

Looking forward to playing more tennis and pickleball

81 to 90: Looking forward to traveling

Looking forward to good health

Looking forward to spending time with family/friends

Looking forward to playing golf with friends

91 +: Looking forward to moving to senior home

Looking forward to good health

Looking forward to spending time with family/friends

Looking forward to playing cards with friends

Additional Thoughts: I had good career/co-workers

I feel blessed to be married to Lisa, good family/friends

My mother and Lisa's father are aging grace-fully