

# A Snapshot of My Life Through the Years – Example

**Name:** Sam Smith

**Date:** July 22, 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 45<sup>th</sup> 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  
**91 +:** Looking forward to moving to senior home  
Looking forward to good health  
Looking forward to spending time with family/friends

## **Additional Thoughts:**

I feel blessed to be married to Lisa, good family/friends  
I have enjoyed the people I worked with at Bio-Medical  
My mother and Lisa's father are aging grace-fully