

Gifts Assessment:

The gift of experiences

Below you will find a timeline based on decades. Complete one timeline for each 10 years of your life. Indicate roughly at what time they took place during that decade with a symbol representing the event and include words or a phrase that help you remember the event.

0 ----- 10

10 ----- 20

20 ----- 30

30 ----- 40

40 ----- 50

50 ----- 60

60 ----- 70

70 ----- 80

80 ----- 90

What two events would you name as the most formative in your life and why?

What are the 3 greatest accomplishments of your life so far?

1. _____
2. _____
3. _____

What have been the 3 greatest challenges of your life so far?

1. _____
2. _____
3. _____

Reflect on how these events have evolved into gifts you can share. Share any reflections on the lines below.
