Life Story

The Past, Present, and Future

Writing a story about your life can help you find meaning and value in your experiences. It will allow you to organize your thoughts and use them to grow. People who develop stories about their life tend to experience a greater sense of meaning, which can contribute to happiness.

The Past

Write the story of your past. Be sure to describe challenges you've overcome, and the personal strengths that allowed you to do so.

Life Story

The Past, Present, and Future

The Present

Describe your life and who you are now. How do you differ from your past self? What are your strengths now? What challenges are you facing?

Life Story

The Past, Present, and Future

The Future

Write about your ideal future. How will your life be different than it is now? How will *you* be different than you are now?