

Each of us has a story. It is a story filled with a series of life experiences, some good and some difficult, that have contributed to who we are today. What's your story?

EXERCISE

Write a 3-5 page summary of your life and journey. Before you actually begin writing, we recommend that you first brainstorm those key events that have occurred in your life.

- First, begin writing down a random list.
- Next, go back and arrange your events in sequential order.
- Fill in any blank spots by remembering events from that era. You are now ready to start putting the events of your life in story form.

Now begin to write your journey in chronological, story (narrative) form. Do not pressure yourself to write a perfect, all-encompassing story. Instead write what comes to mind, challenging yourself to be open and honest, including both the positive and negative.

Focus on those significant events, people and circumstances that have shaped your life.

As you begin journaling your story, many details and events will come rushing back, incidents you have not thought about for years. Here are some helps for determining what should be included in your story.

- The events of your life that have had an impact on who you are today.
(Ex., graduation, new job, school incident, move to a new city, etc.)
- The people who influenced and shaped your life.
(Ex., friends, families, pastors, classmates, spouses, church members, etc.)
- The significant life experiences and circumstances that has affected your life direction, including any incidents or statements made about you before your birth.
(Ex., childhood experiences, conflict with parents, jobs held, places lived, societal changes, etc.)

Your Story should blend all of the above into a narrative form.

At this point, try not to exceed five pages. The next exercise of the Focused Living process will take you deeper into your personal life journey.

Note: You are free to use your computer to write your story. Some prefer to journal a narrative like this by hand.

**Use the next page as a style sheet to begin recording "Journaling Your Story."
Make 3-5 copies of the page for you to chronicle your story.**

A Narrative Summary of My Personal Journey

My story begins with...