

Experiences Reflection Activity

(adapted from Jennie Allen's, *Restless Study*)

Using your timeline, identify and highlight from each life stage when you felt joy or comfort in what you were doing. When was a moment you remember being proud and satisfied? Do not overthink it. Just write down the first things that come to mind.

Once you've filled in the highlight column, go back and fill in the next column with a couple descriptive words to answer the question, "What specifically about these moments was satisfying to you?"

Here are some questions to get you thinking:

- ❖ What were you great at?
- ❖ What did you love to do?
- ❖ What surprised you?
- ❖ Whom did you love and why did you love them?
- ❖ What did you learn about yourself?
- ❖ What did you dream about?

Experience Inventory Chart

Life Stage (approximate)	Highlight	Satisfaction
<i>Example</i>	<i>Painting with my grandfather</i>	<i>Using art to communicate</i>
Ages 0-7		
Ages 8-12		

Ages 13-18		
Ages 19-24		
Ages 25-34		
Ages 35-44		

Ages 45-54		
Ages 55+		
Other notes about your life story or experiences		