

Name: _____ Date: _____ Grade/Class: _____

Important life events

Who we are today can be understood by looking at our past. Our past experiences helped us grow and change. The knowledge we bring from the past helps us make decisions about our future. Therefore, it is helpful to think about important events in our lives.

Step 1: Create a timeline.

- ✓ Think about events that have been important in your life.
 - ✓ Think about who shared the events with you.
 - ✓ Figure out what you learned from the event. Or figure out how the event changed you.
- ⇒ Use the **My important life events timeline** to tell the story of your life.

Sample timeline:

When? (Your age or the year)	What happened?	Who was involved?	What did I learn about myself?
Age 3	Learned to ride a bicycle	Dad and older sister	I can learn how to do new things and I am determined
Age 5	Started school	Parents and teacher	I can do things without my family and I can make new friends
Age 8	Broke my arm	Nurse, doctor, family	Hospitals are okay places to stay and I can deal with a disability
Age 10	Took care of the neighbor's pets	Neighbors and pets	I can follow directions and neighbors can depend on me

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Qualities for success

Do you know what it takes to be successful when you grow up? Do you have qualities for success? How would you describe yourself during a job interview?

Step 1: These personal characteristics describe people who are successful in school, the community and work. *Circle at least five characteristics and up to ten that reflect the kind of person YOU think you are.*

- | | |
|---|---|
| Persistent | Likes challenges |
| Takes on responsibilities | Energetic |
| Leader | Works hard to get things done |
| Friendly | Works well with others |
| Easy to get along with | Sensitive to the feelings of others |
| Helpful | Mature |
| Self-confident | Flexible |
| Accepts criticism | Stays calm when in stressful situations |
| Controls anger | Avoids being aggressive |
| Dependable | Thorough when doing work |
| Honest | Creative |
| Problem-solver | Thinks things through |
| Continues trying when the work gets difficult | Follows instructions |

Step 2: *List five words or phrases that you think best describe the person you are. You can use words or phrases that are not listed above.*

1. _____
2. _____
3. _____
4. _____
5. _____

How others see me

Step 1:

⇒ Circle all the characteristics that reflect the kind of person YOU think _____ is.

- | | |
|---|---|
| Persistent | Likes challenges |
| Takes on responsibilities | Energetic |
| Leader | Works hard to get things done |
| Friendly | Works well with others |
| Easy to get along with | Sensitive to the feelings of others |
| Helpful | Mature |
| Self-confident | Flexible |
| Accepts criticism | Stays calm when in stressful situations |
| Controls anger | Avoids being aggressive |
| Dependable | Thorough when doing work |
| Honest | Creative |
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Step 2:

⇒ Add additional comments about the success of this person in school, community, and at home.
