



## LIFE MAP AUTOBIOGRAPHY

Use the following questions to think about the most significant people and events in your life, and what you want your life to look like in the future. This worksheet is for your use only. You will decide what to include in your Life Map collage.

### Childhood

When and where were you born?

Describe your family.

What is your best memory from childhood?

What do you wish could have been different during your childhood?

### Teenage Years

Where did you live as a teenager?

What did you like most about high school? Least?

What were the most significant events in your teenage years?

What is a challenge you have overcome? How did you overcome this challenge?

### My Favorite Things

Who do you admire the most, and why?

How do you spend your time when not in this program?

What is the most surprising thing about you?

What do you want to get out of this program?

What do you want your life to look like one year from today?

What do you want your life to look like five years from now?



## LIFE MAP EXAMPLE

**CHILDHOOD**

**TEENAGE YEARS**

**MY FAVORITE THINGS**

**WHAT I WANT FROM THIS PROGRAM**

**MY LIFE ONE YEAR FROM  
TODAY**

**MY LIFE FIVE YEARS FROM TODAY**