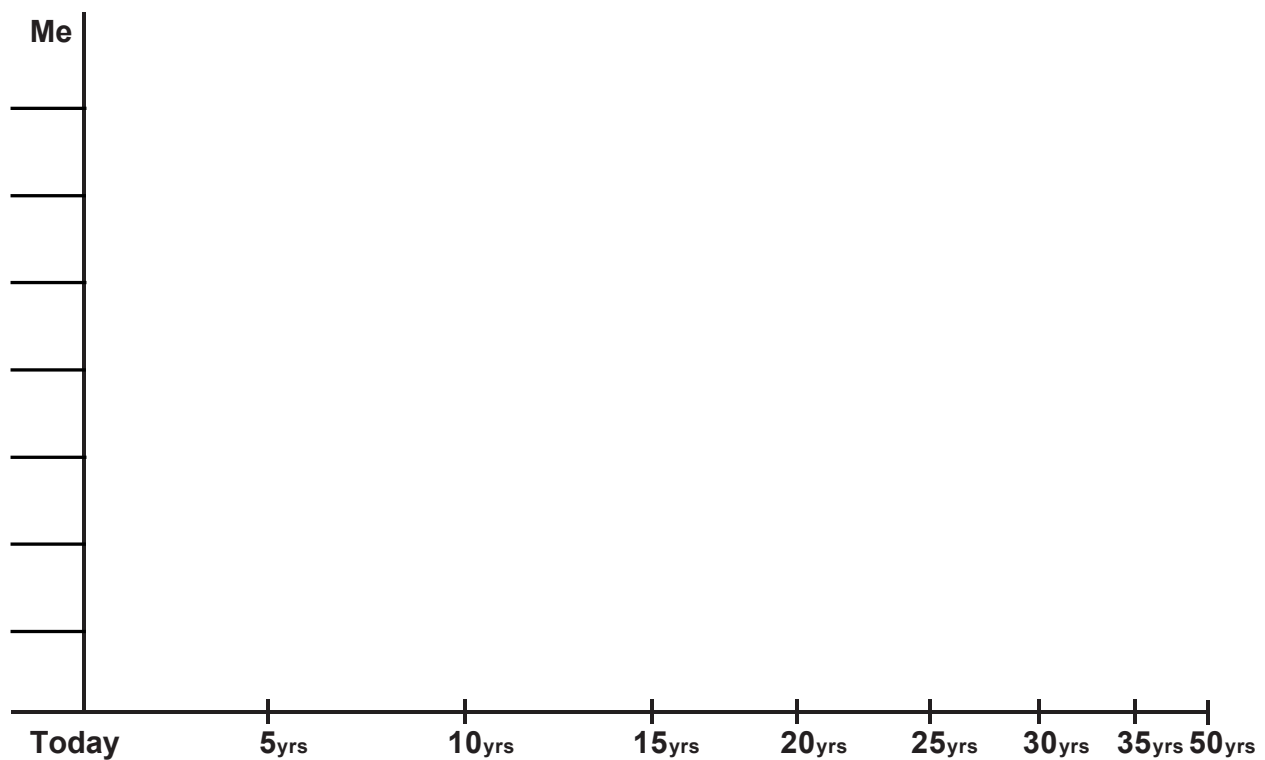


Chapter 9 Toolkit

We have included here examples of the worksheets and tools you will need to implement in this chapter:

1. Your Life Timeline
2. Discovering Your Passions
3. Your Purpose
4. Letter to a Friend
5. Schedule for a Future Day

Worksheet 1: Your Life Timeline



Directions: Identify key stakeholders in your life and list them on the vertical axis. Then jot their ages at various points in time. Once that is done, fill in with notes of possible life events and milestones.