

My Story

A Guided Journey Through
the Life You Have Lived

*Life is a great
university.*

*Some lessons arrive
through joy,
opportunity and success.*

*Others arrive through
challenge, disappointment,
loss and hardship.*

*Each experience has
the potential to
teach us something.*

*It's not about
whether you won
or lost.*

*It's about the hand
you were dealt and
how you chose
to play it.*

REMEMBER. APPRECIATE. UNDERSTAND.
COMPLETE. SHARE.

Your story matters. Your life has meaning. Your legacy lives on.

MY STORY

A Guided Journey Through the Life You Have Lived

Why This Book Exists

Most people leave behind photographs, possessions, and official records.

Far fewer leave behind the stories that gave those things meaning.

This book is not a test. It is not a demand for a perfect autobiography. There are no right or wrong answers, and you do not need to be a writer.

Simply tell your story in your own way.

Write as much or as little as you wish.

Write it. Record it. Share it. Or keep it private.

The purpose is not to create a flawless archive of your life.

The purpose is to help you better understand, appreciate, complete, and share the story that only you can tell.

Many people begin this book thinking they are writing a story for others.

Along the way, they often discover they are also making sense of parts of their story for themselves.

As memories resurface, patterns emerge.

Old wounds sometimes soften.

Forgotten strengths often reappear.

Moments that seemed ordinary at the time can reveal themselves to have been some of the most important chapters of all.

Life as a Great University

Imagine life as a great university.

Some lessons arrive through joy, opportunity, love, and success.

Others arrive through challenge, disappointment, loss, and hardship.

Each experience has the potential to teach us something.

This book invites you to look back at your life's coursework, not to judge yourself, but to understand the person you became through it.

It is not about whether you won or lost.

It is not about whether life was fair.

It is about the hand you were dealt and how you chose to play it.

So take your time.

Be honest.

Be curious.

And above all, be kind to yourself.

Begin wherever the story feels ready to start.

A Note About Recording Your Story

Some people prefer writing.

Others prefer speaking.

If writing does not feel natural, you may wish to use the questions in this book as prompts for an audio or video recording instead.

The stories matter more than the medium.

Part One

Remembering

The Story Begins

Before there was "you," there were people, places, and stories that shaped your arrival.

The Beginning

- Who were your parents or caregivers?
- What were they like?
- What stories were told about your family?
- Where did you grow up?
- What did home feel like?
- What sounds, smells, tastes, and sights do you most remember?
- What are your earliest memories?

Focus on the story behind the facts.

Childhood Adventures

Thinking back to the child you once were:

- What games did you play?
- What brought you joy?
- What made you laugh?
- What mischief did you get up to?
- Who were your closest friends?
- What did you dream of becoming?

Share a memory that still makes you smile.

Growing Up

As childhood gradually gave way to adulthood:

- What moments stand out?
- Who influenced you?
- What lessons were you beginning to learn?
- What challenges did you face?
- When did you first feel independent?

Tell the story of moments that changed the direction of your life.

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Part Two

Appreciating

The Distance Travelled

Many of us spend our lives focusing on what we have not done.

This chapter invites you to reflect upon how far you have actually come.

- What moments, big or small, made you feel proud of who you are?
- What obstacles did you navigate, even if few people noticed?
- What did you persevere through?
- What strengths did you discover along the way?
- Who are or were your heroes and heroines, and why?

Sometimes the greatest achievement is simply showing up when life is difficult.

What would your younger self be surprised to learn about you today?

Moments of Joy

Not every important memory is serious.

Often, the moments we treasure most are the simplest.

- What made you laugh until you cried?
- What adventures still make you smile?
- What family stories are retold again and again?
- What simple pleasures brought happiness into your life?
- What traditions mattered to you?

Describe a moment of pure joy.

Ordinary Moments

Many lives are shaped not only by major events, but by small moments that quietly nourish us.

- What ordinary moments brought you peace?
- What daily rituals mattered to you?
- What places felt comforting?
- What simple things made life feel good?

Sometimes the smallest moments become the memories we treasure most.

Wonder

Many people can remember moments that filled them with awe, wonder, gratitude, or a sense that life was somehow bigger than themselves.

- When have you experienced wonder?
- What places inspired you?
- What experiences left you speechless?
- When did you feel most connected to life?

Describe a moment you will never forget.

Part Three

Understanding The Coursework

Life teaches all of us.

Sometimes gently.

Sometimes not.

Looking back:

- What were the most significant challenges you faced?
- What difficult periods shaped who you became?
- What did those experiences teach you?
- How did they change your understanding of life?

Tell the story of one challenge that, in hindsight, changed you for the better.

Turning Points

Some moments alter the course of our lives.

- Which decisions changed your direction?
- Which people influenced your path?
- Which opportunities arrived unexpectedly?
- Which setbacks became blessings in disguise?

What patterns do you notice when you look back?

Lessons Learned

Imagine life as that great university once again.

Many people initially see their lives as a series of separate events.

Yet when we step back, we sometimes discover that one challenge prepared us for the next.

A lesson learned in one chapter often became a tool that helped us navigate the chapter that followed.

The Timeline Exercise

Take a separate sheet of paper.

Create a simple timeline of the major challenges, turning points, or difficult periods in your life.

They do not need exact dates.

Simply place them in the order they occurred.

As you look at your timeline, ask yourself:

- What did this experience teach me?
- How did it prepare me for what came next?
- Would I have handled later challenges as well if I had not learned that earlier lesson?

Many people discover that what once appeared to be a series of unrelated hardships begins to reveal a pattern of growth.

Reflection

- What lessons stand out most clearly today?
- What truths took years to understand?
- What strengths emerged through adversity?
- What advice would you offer someone facing a similar challenge?

If you had to summarise the most important lessons life has taught you so far, what would they be?

Part Four

Completing Gratitude

Looking back:

- Who helped you become who you are?
- Who are you most grateful to?
- What experiences enriched your life?
- What are you most thankful for?

Write a statement of gratitude.

Forgiveness

Many lives contain unfinished chapters.

Sometimes we carry hurt caused by others.

Sometimes we carry regret about our own actions.

Sometimes both.

A Gentle Note

This section is not about deciding that harmful actions were acceptable.

It is not about forcing yourself to "get over" something.

It is simply an invitation to explore whether there is any weight you may be ready to put down.

If this section feels too heavy right now, it is perfectly acceptable to leave it blank.

You may simply write:

"I am not ready to explore this yet."

That is a valid and honest answer.

Releasing Others

- Are there any threads of the heart you wish to untangle?

- Is there someone whose actions still affect you today?
- Is it possible they experienced the situation differently from how you did?
- What might you better understand if you could briefly see it from their perspective?

Releasing Yourself

- Is there something you wish you had done differently?
- Looking back, did you make the best decision you could with the information, awareness, and experience available at that time?
- What have you learned since then?
- What would you like others to understand about your intentions?

Forgiveness is often less about forgetting and more about understanding.

What burden, if any, might you be ready to put down?

Write what needs to be said.

What Matters Most

As life unfolded:

- What truly mattered?
- What proved less important than you once believed?
- What values guided you?
- What would you never compromise?

If all your possessions disappeared tomorrow, what would remain of the impact you have made upon the world and the people around you?

Part Five

Sharing Wisdom

Future generations will face challenges of their own.

What would you like them to know?

- What advice would you offer?
- What mistakes might help others?
- What truths took you years to learn?

- What would you tell your younger self?

My Message

If this book became your final conversation with those you love:

What would you want them to hear?

Write your message.

What I Hope Lives On

When people remember you:

- What do you hope they remember?
- What values do you hope continue?
- What difference do you hope your life made?
- What part of your story would you most like to live on?

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The Last Page

Before closing this book, pause for a moment.

Reflect upon the journey.

- What surprised you while completing this book?
- What are you most proud of?
- What are you most grateful for?
- What do you now understand that you once did not?

The Story

- What title would you give the story of your life?
- What genre would it be? (For example: a journey of resilience, a quiet comedy, a story of second chances, an adventure, a love story, a mystery, or something else entirely.)
- Who were the main characters?
- What was the central lesson?

And finally:

If you had one sentence to describe your life, what would it be?

If one sentence feels too difficult, choose a phrase, a title, or even a single word.

The End.

Or perhaps,

The End of This Chapter.