

Life Chapters Exercise

Adapted from Hudson, F. & McLean, P. (2000) *Life Launch: A Passionate Guide to the Rest of Your Life*, Hudson Institute Press.

Imagine that you are composing your autobiography and begin by constructing the basic outline of your life story. Indicate the title, age bracket, overarching theme, major events and significant characters in each chapter. Also think carefully about what makes you choose to end one chapter and begin another.

Chapter 1 - Title:

Dates: from about _____ to _____

Themes:

Events:

Characters:

Why this chapter ends here:

Chapter 2 - Title:

Dates: from about _____ to _____

Themes:

Events:

Characters:

Why this chapter ends here:

Chapter 3 - Title:

Dates: from about _____ to _____

Themes:

Events:

Characters:

Why this chapter ends here:

Chapter 4 - Title:

Dates: from about _____ to _____

Themes:

Events:

Characters:

Why this chapter ends here:

Chapter 5 - Title:

Dates: from about _____ to _____

Themes:

Events:

Characters:

Why this chapter ends here:

Chapter 6 - Title:

Dates: from about _____ to _____

Themes:

Events:

Characters:

Why this chapter ends here:

(Continue on extra sheets if needed)