

Complete Timeline Template PDF

Visualize Your Life Journey at a Glance

How to Use This Timeline

1. Fill in each section with key events, people, and places.
2. Use this to spot patterns, turning points, and natural chapter breaks.
3. Keep it nearby while writing to maintain chronological consistency.

Lifetime Timeline Template

Name: _____

Birth Date: _____

Current Age: _____

Early Childhood (0–10 years)

Age	Event	Location	Key People	Emotions/Notes

Questions to Prompt Memories:

- Where did you live? Describe your home.
- Who were your family members? Any pets?
- What was your favorite toy/game?
- What's your earliest memory?

- Did you have any childhood fears or dreams?
- What were you like as a child (shy, outgoing, curious)?

Adolescence (11–18 years)

Age	Event	Location	Key People	Emotions/Notes

Prompt Questions:

- What was school like? Friends? Bullies?
- First crush? First heartbreak?
- Hobbies, sports, clubs?
- Family changes (moves, divorces, new siblings)?
- When did you start feeling like “you”?
- What did you want to be when you grew up?

Early Adulthood (19–30 years)

Age	Event	Location	Key People	Emotions/Notes

Prompt Questions:

- College? First job? Career starts?
- Significant relationships?

- Travel or living in new places?
- Financial independence?
- Major decisions (marriage, children, buying home)?
- What were your biggest struggles?

Mid-Adulthood (31–50 years)

Age	Event	Location	Key People	Emotions/Notes

Prompt Questions:

- Career evolution? Successes? Failures?
- Family growth (children, aging parents)?
- Health changes?
- Community involvement?
- Lessons learned?
- How did your identity shift?

Later Adulthood (51–Present)

Age	Event	Location	Key People	Emotions/Notes

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Prompt Questions:

- Legacy projects? Mentoring?
- Retirement? New ventures?
- Grandchildren?
- Reflections on life meaning?
- Wisdom you'd pass on?
- How do you view your younger self now?

Thematic Timeline Alternative

If writing thematically, organize events by category instead of age:

Category: Family

- Event 1: _____
- Event 2: _____

Category: Career

- Event 1: _____
- Event 2: _____

Category: Personal Growth

- Event 1: _____
- Event 2: _____

Chapter Division Exercise

Look at your completed timeline. Where do natural breaks occur?

Potential Chapter Breaks:

1. **Chapter 1:** Birth – Age 10 (Childhood Foundations)
2. **Chapter 2:** Ages 11–18 (Teen Transformation)
3. **Chapter 3:** Ages 19–25 (Early Adventures)
4. **Chapter 4:** Ages 26–35 (Building a Life)
5. **Chapter 5:** Ages 36–50 (Midlife Depth)
6. **Chapter 6:** Age 51–Present (Wisdom Years)

Or by Location:

1. Hometown Years
2. College Town
3. City Life
4. Return to Roots