

# Complete Life Timeline Template

Visual tool to map your life chronologically for autobiography planning

---

## HOW TO USE THIS TIMELINE

**Instructions:** 1. Fill in each age range with major events 2. Use symbols to categorize events (★ turning point, ♥ relationship, □ challenge, ✓ achievement) 3. Note the significance of each event 4. Identify patterns and themes that emerge 5. Star (\*) the events you MUST include in your autobiography

**Color-Coding Suggestion (if printing):** - □ Blue = Family events - □ Green = Education/Career - □ Yellow = Relationships - □ Red = Challenges/Crises - □ Purple = Achievements/Milestones

---

## BIRTH & BASIC INFORMATION

**Full Name:** \_\_\_\_\_

**Birth Date:** \_\_\_\_\_

**Birth Place:** \_\_\_\_\_

**Birth Story (as told to you):**

---

---

**Family Situation at Your Birth:**

---

**Historical Context (what was happening in the world):**

---

## AGES 0-5: EARLY CHILDHOOD

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**Important People:**

---

**Living Situation/Location:**

---

**Significance/Impact:**

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

---

**Important People:**

---

**Living Situation/Location:**

---

**Significance/Impact:**

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

---

**Important People:**

---

**Living Situation/Location:**

---

**Significance/Impact:**

---

---

**AGES 0-5 SUMMARY:**

**Most significant memory from this period:**

---

**Who you were as a young child:**

---

**Key relationships:**

---

**Turning points (if any):**

---

---

## **AGES 6-10: CHILDHOOD**

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

---

**School/Education:**

---

**Friendships:**

---

**Family Changes:**

---

**Significance/Impact:**

---

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**School/Education:**

---

**Friendships:**

---

**Family Changes:**

---

**Significance/Impact:**

---

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

---

**School/Education:**

---

**Friendships:**

---

**Family Changes:**

---

**Significance/Impact:**

---

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

---

**School/Education:**

---

**Friendships:**

---

**Family Changes:**

---

**Significance/Impact:**

---

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

---

**School/Education:**

---

**Friendships:**

---

**Family Changes:**

---

**Significance/Impact:**

---

---

**AGES 6-10 SUMMARY:**

**Most significant memory:**

---

**Your personality during this time:**

---

**What you loved doing:**

---

**Biggest challenge:**

---

**Turning point:**

---

## **AGES 11-13: EARLY ADOLESCENCE**

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**School/Activities:**

---

**Social Life:**

---

**Family Dynamics:**

---

**Personal Changes:**

---

**Significance/Impact:**

---

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**School/Activities:**

---

**Social Life:**

---

**Family Dynamics:**

---

**Personal Changes:**

---

**Significance/Impact:**

---

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

Major Events:

---

School/Activities:

---

Social Life:

---

Family Dynamics:

---

Personal Changes:

---

Significance/Impact:

---

---

AGES 11-13 SUMMARY:

How you were changing:

---

Key friendships/relationships:

---

Struggles during this time:

---

Discoveries about yourself:

---

---

## AGES 14-18: HIGH SCHOOL YEARS

Year: \_\_\_\_\_ Age: \_\_\_\_\_

Major Events:

---

School/Achievements:

---

Relationships (friends/romantic):

---

Activities/Interests:

---

Family Situation:

---

Significance/Impact:

---

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

Major Events:

---

School/Achievements:

---

**Relationships:**

---

**Activities/Interests:**

---

**Family Situation:**

---

**Significance/Impact:**

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**School/Achievements:**

---

**Relationships:**

---

**Activities/Interests:**

---

**Family Situation:**

---

**Significance/Impact:**

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**School/Achievements:**

---

**Relationships:**

---

**Activities/Interests:**

---

**Family Situation:**

---

**Significance/Impact:**

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**School/Achievements:**

---

**Relationships:**

**Activities/Interests:**

---

**Family Situation:**

---

**Significance/Impact:**

---

---

**AGES 14-18 SUMMARY:**

**Who you were becoming:**

---

**Most important relationships:**

---

**Biggest achievements:**

---

**Greatest challenges:**

---

**Life-changing moments:**

---

**Plans/dreams for the future:**

---

---

## **AGES 19-25: YOUNG ADULthood**

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**Education/Career:**

---

**Living Situation:**

---

**Relationships:**

---

**Personal Growth:**

---

**Significance/Impact:**

---

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**Education/Career:**

---

**Living Situation:**

---

**Relationships:**

---

**Personal Growth:**

---

**Significance/Impact:**

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**Education/Career:**

---

**Living Situation:**

---

**Relationships:**

---

**Personal Growth:**

---

**Significance/Impact:**

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**Education/Career:**

---

**Living Situation:**

---

**Relationships:**

---

**Personal Growth:**

---

**Significance/Impact:**

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**Education/Career:**

---

**Living Situation:**

---

**Relationships:**

---

**Personal Growth:**



**Significance/Impact:**

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**Education/Career:**

---

**Living Situation:**

---

**Relationships:**

---

**Personal Growth:**

---

**Significance/Impact:**

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Major Events:**

---

**Education/Career:**

---

**Living Situation:**

---

**Relationships:**

---

**Personal Growth:**

---

**Significance/Impact:**

---

**AGES 19-25 SUMMARY:**

**Key transitions:**

---

**Career/education path:**

---

**Important relationships:**

---

**Major decisions made:**

---

**Lessons learned:**

---

**How you changed:**

---

## AGES 26-35: ESTABLISHMENT YEARS

Year: \_\_\_\_\_ Age: \_\_\_\_\_

Major Events:

---

Career/Professional:

---

Family/Relationships:

---

Major Decisions:

---

Significance/Impact:

---

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

Major Events:

---

Career/Professional:

---

Family/Relationships:

---

Major Decisions:

---

Significance/Impact:

---

---

*(Continue for each year in this range)*

Year: \_\_\_\_\_ Age: \_\_\_\_\_

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

---

Year: \_\_\_\_\_ Age: \_\_\_\_\_

---

---

### AGES 26-35 SUMMARY:

**Career development:**

---

**Family changes:**

---

**Major achievements:**

---

**Challenges overcome:**

---

**Personal evolution:**

---

---

### AGES 36-50: MIDDLE YEARS

*(Use same format as above - year by year)*

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

---

**AGES 36-50 SUMMARY:**

---

---

---

---

**AGES 51-65: LATER MATURITY**

*(Continue with same format)*

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

*(Continue for all years)*

---

**AGES 51-65 SUMMARY:**

---

---

---

**AGES 65+: SENIOR YEARS**

*(Continue with same format)*

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

**Year:** \_\_\_\_\_ **Age:** \_\_\_\_\_

---

*(Continue to present)*

---

**CURRENT AGE SUMMARY:**

---

---

---

**MAJOR LIFE EVENTS AT A GLANCE**

**Births**

---

---

**Deaths**

---

---

**Marriages/Partnerships**

---

---

**Divorces/Separations**

---

### Moves/Relocations

---

---

### Education Milestones

---

---

### Career Changes

---

---

### Health Events

---

---

### Financial Milestones

---

### Legal Events

---

### Travel/Adventures

---

---

## TURNING POINTS IDENTIFICATION

List the 10 most significant turning points in your life:

1. Age: \_\_\_\_\_ Event: \_\_\_\_\_ Why it  
changed everything: \_\_\_\_\_

2. Age: \_\_\_\_\_ Event: \_\_\_\_\_ Why it  
changed everything: \_\_\_\_\_

3. Age: \_\_\_\_\_ Event: \_\_\_\_\_ Why it  
changed everything: \_\_\_\_\_

4. Age: \_\_\_\_\_ Event: \_\_\_\_\_ Why it  
changed everything: \_\_\_\_\_

5. Age: \_\_\_\_\_ Event: \_\_\_\_\_ Why it  
changed everything: \_\_\_\_\_

6. Age: \_\_\_\_\_ Event: \_\_\_\_\_ Why it  
changed everything: \_\_\_\_\_

7. Age: \_\_\_\_\_ Event: \_\_\_\_\_ Why it  
changed everything: \_\_\_\_\_

8. Age: \_\_\_\_\_ Event: \_\_\_\_\_ Why it  
changed everything: \_\_\_\_\_

9. Age: \_\_\_\_\_ Event: \_\_\_\_\_ Why it  
changed everything: \_\_\_\_\_

10. Age: \_\_\_\_\_ Event: \_\_\_\_\_ Why it  
changed everything: \_\_\_\_\_

---

## PATTERN RECOGNITION

### Recurring Themes in Your Life

What patterns do you notice across decades?

---

---

---

Repeated challenges:

---

---

Consistent strengths:

---

---

Evolution of values:

---

---

Relationship patterns:

---

---

Career/purpose trajectory:

---

---

---

## HISTORICAL CONTEXT

Major world/national events that affected your life:

Event: \_\_\_\_\_ Your age: \_\_\_\_\_  
Impact on you: \_\_\_\_\_

Event: \_\_\_\_\_ Your age: \_\_\_\_\_  
Impact on you: \_\_\_\_\_

Event: \_\_\_\_\_ Your age: \_\_\_\_\_  
Impact on you: \_\_\_\_\_

Event: \_\_\_\_\_ Your age: \_\_\_\_\_  
Impact on you: \_\_\_\_\_

## AUTOBIOGRAPHY STRUCTURE PLANNING

Based on Your Timeline:

Which periods deserve the most attention?

---

---

Which events **MUST** be included?

---

---

---

What can be summarized briefly?

---

---

**Ideal chapter breaks/sections:**

**Section 1:** Ages \_\_\_\_\_ Theme: \_\_\_\_\_

**Section 2:** Ages \_\_\_\_\_ Theme: \_\_\_\_\_

**Section 3:** Ages \_\_\_\_\_ Theme: \_\_\_\_\_

**Section 4:** Ages \_\_\_\_\_ Theme: \_\_\_\_\_

**Section 5:** Ages \_\_\_\_\_ Theme: \_\_\_\_\_

---

## NEXT STEPS

**After completing this timeline:**

- ☐ Review entire timeline for completeness
- ☐ Identify gaps where you need more information
- ☐ Interview family members about unclear periods
- ☐ Verify dates/facts where memory is uncertain
- ☐ Star (\*) the 20 most important events
- ☐ Determine which periods need expansion
- ☐ Decide on organizational structure
- ☐ Begin detailed planning for priority sections
- ☐ Start writing with clearest memories

**Your timeline is now your roadmap for writing your autobiography!**