



FORGET-ME-NOT LIFE STORIES **TURNING POINTS**

The turning points of your life are the events, experiences or insights which shaped your life and its directions. They may have been big events such as marriage, war, moving to a new city or retirement. Or they may have been small events that had big outcomes, such as reading a book or going on a hike. Some events are positive in their effects and others negative.

- ◆ What was the earliest turning point in your life, what happened and why was it important? How old were you?
- ◆ What have been the other turning points in your life?
- ◆ Which ones put a stamp on your life that influenced your future direction?
- ◆ What people were involved with you at each point?
- ◆ Were there any important events in your environment, natural or man-made crises, tornadoes, fires or floods which affected your life's direction?
- ◆ Were there any lucky events with positive outcomes?
- ◆ Which people influenced the direction of your life in a major way, such as a parent, grandparent, teacher, friend or leader?
- ◆ Did changing jobs or meeting a new person have lasting positive or negative effects on the direction of your life?
- ◆ Chart your turning points on a life graph.