

	Childhood	Adolescent	Young Adult	Adult	Older Adult
Key events (Education and graduations, first job, changing career, retirement)					
Key places (New house/apartment, school, city, workplace, church, restaurant, trip)					
Key people (Marriage, becoming a parent, raising children, becoming a grandparent)					
What roles did you play? (Friend, child, caregiver, student, mentor, scholar, athlete, patient, explorer)					
What did you value? (Music, faith, loyalty, relationships, money)					
What would you title this chapter in your life? (“Living into the challenges of fatherhood”, “Exploring new places” or “Starting my career”)					

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Inspired by Dr. Randy G. Litchfield’s “Journey Through Places in Life Reflection” worksheet from a Christians Engaged in Faith Formation workshop October 2018