PERSONAL/FAMILY LIFE LINE OR TIME LINE

Client Name: ________________________________________ Date: ___________________

Make a timeline of your personal life or the life of your current family beginning a year before
you were born or a year before your current family began. To the best of your ability, mark all
the major events that happened in your life up through today. Major events are anything you
think is significant, both positive and negative, such as births, deaths, moves, major losses,
relationships, new jobs, first experiences, etc. Start at the bottom and work up. Each line
represents one decade with each plus sign (+) representing one year.

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Start Here: Year

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