**Personal History Activity**

Add as many rows as you need to map your history. If you are struggling, start with being born, and then there would have been events such as birthdays, starting various schools, test results at school, sports or other activities, maybe having a pet at some point, etc.

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| --- | --- | --- | --- |
| Date/Event | Key influencers (people) and how they impacted on you | Key experience and how it impacted on you | What, if anything, you will take forwards to your future from this? |
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