Looking Back in Order to Plan Forward

Look back on your childhood. Go back as far as you can remember. Start where you first remember and proceed to the present. Think of the things that you remember being especially fun, fascinating, or those things that motivated you to learn more. Now make a quick list of those events or ideas. Don’t think too long as you do it. The key is quickness and recording the first things that come to mind. Record your answers in the “activities, events & ideas” side of the table. Once you fill out the “events” side move to the why side. In each space explain why the event was so memorable and important to you.

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| Activities, Events & Ideas | Why? |
| **1** |  |
| **2** |  |
| **3** |  |
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