### Right Path Christ-Centered Coaching

Robert Rigg, MIM, MPsy - Transformational Coach

#### Life History Worksheet

This form is for recording your life history accounts of important events. What was important to you is what is important to list in this form. Events that remain as memories are highly relevant to where you are today and helpful in moving forward in changing those behaviors and thoughts that are problematic for you. As you reflect on the years of your life try to remember:

- Your own birth surrounding events (you may need to ask parents, siblings and other relatives about what was going on in your family during the time of your birth
- Important birthdays
- School events embarrassments -fears
- Good Teachers & Bad Teachers
- Learning labels placed on you
- Bullying rejection
- Your neighborhood, your friends
- Holidays Particularly Christmas
- Presents expected, received or not

- Parental fights/arguments
- Parental separations
- Parental divorce
- Family arrests imprisonment
- Family drug and alcohol influences
- Parental mistreatment or neglect
- Sibling births, deaths, arrests
- Deaths family and others
- Traumas and accidents
- Feeling trapped and/or controlled
- Your relationships adolescent and as an adult
- Other memories important to you

Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
			others input
Birth to 1yrs.			
, , ,			
2yrs.			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
3yrs			
5yrs			
6yrs			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
7yrs			
8yrs.			
9yrs			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
10yrs			
11 yrs.			
12yrs			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
13yrs			
14 yrs.			
15yrs			
13413			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts,
			others input
16yrs			
10413			
17yrs.			
,			
18yrs			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts,
		0.	others input
19yrs			
13913			
20			
20yrs.			
21yrs			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
22yrs			
23yrs.			
24yrs			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts,
			others input
25,450			
25yrs			
26yrs.			
27yrs			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts,
			others input
28yrs			
2013			
20			
29yrs.			
30yrs			
	1	1	



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts,
Age Mo/ 11.	Lvent	Lifect off you, your reenings	others input
			·
31-32yrs			
33-34yrs.			
35-36yrs			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
37-38yrs			
39-40yrs.			
41-42yrs			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
42.44			others input
43-44yrs			
45-46yrs.			
47-48yrs			



A A . A . A . A					
Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input		
			others input		
49-50yrs					
51-52yrs.					
,					
53-54yrs					
33 34y13					



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
55-56yrs			
57-58yrs.			
59-60yrs			



Age Mo/Yr.	Event	Effect on you, your feelings	Notes, thoughts, others input
60-65yrs			
66-70yrs.			
71-80			