

Quick Listing

Directions: The purpose of this listing activity is to try to get a lot of ideas down. So, make fast notes in response to the prompts on this list—a few words to remind you of the story that comes to mind, then move on. If nothing comes to mind for one of the prompts, go on to the next one. Your goal is to try to bring to mind a wealth of experiences you've had or hope to have, including some that may not have shown up on "Your Personal Past" or "Twenty Years from Now" worksheets.

1. A significant event or incident in your life...
2. Another significant event or incident in your life...
3. Another....
4. A highly amusing event in your life...
5. An embarrassing moment in your life...
6. A special learning moment in your life...
7. Another time you learned something special...
8. Another...
9. A time you were scared...
10. A memorable birthday celebration...
11. A highly important family member...
12. A highly important non-family member...
13. A significant news event from your life...
14. Another significant news event from your life...
15. An important change you've made...
16. Another important change you've made...
17. A big hope/dream/goal you have for yourself...
18. Another big hope/dream/goal...
19. A big hope/dream/goal you have for the world...
20. An important change you'd like to see in the world...
21. A big problem you've overcome or challenge you've faced...
22. A great piece of advice you've received...
23. Your most important interest, talent, or skill...
24. Another important interest, talent, or skill...
25. The most interesting place you've ever visited...
26. The best thing you ever wrote...
27. The best piece of art you ever made...
28. A contest you won...
29. A trophy you received...
30. Something you thought you couldn't do, but you did...
31. A compliment you received that meant a lot to you...
32. A career you're considering...
33. A place you'd like to live...
34. A characteristic you admire in other people...
35. What you'd like to be famous for...
36. Something you forgot to mention...