

# PART ONE

## LET'S GET STARTED

**1** Spend time reflecting on the major events of your life. List all the major story turns of your life. A story turn might be having met somebody, having experienced a victory or a failure, or having gone through a loss. Regardless, a story turn is a doorway which you can never walk back through. Life changed forever for you, when?

**2** Create a title for each turn and briefly describe what happened. On the number line, circle how positive or negative each event was. Use positive numbers for positive events and negative numbers for negative experiences.

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