

What Is Your Story?

Your Name:

Date:

Life Experiences that Have Most Influenced and Shaped You

- Mark with an **O** the experiences that have been the most uplifting and joyful.
- Mark with an **X** the experiences that have been the most difficult to deal with. (Note some may be **O/X** combination.)
- List or label each experience in a way that you know what you're referring to.
- How did you respond to each experience? What impact did it have? What did you learn? What is the spiritual gift of each?
- Mark with **T** any transcendent experiences you have had. (Note: the potential is always there, perhaps untapped.)

Joy pulls us forward. Pain pushes us forward. The broken heart can be the doorway to the soul.



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