



Shoe Fits Challenge
DEFINING
MOMENTS

Its time to "draw the line" by mapping the moments that have affected us. Defining Moments can be positive or negative, happy or sad. They all inform who have become. Below, map out your happier or sadest life events.

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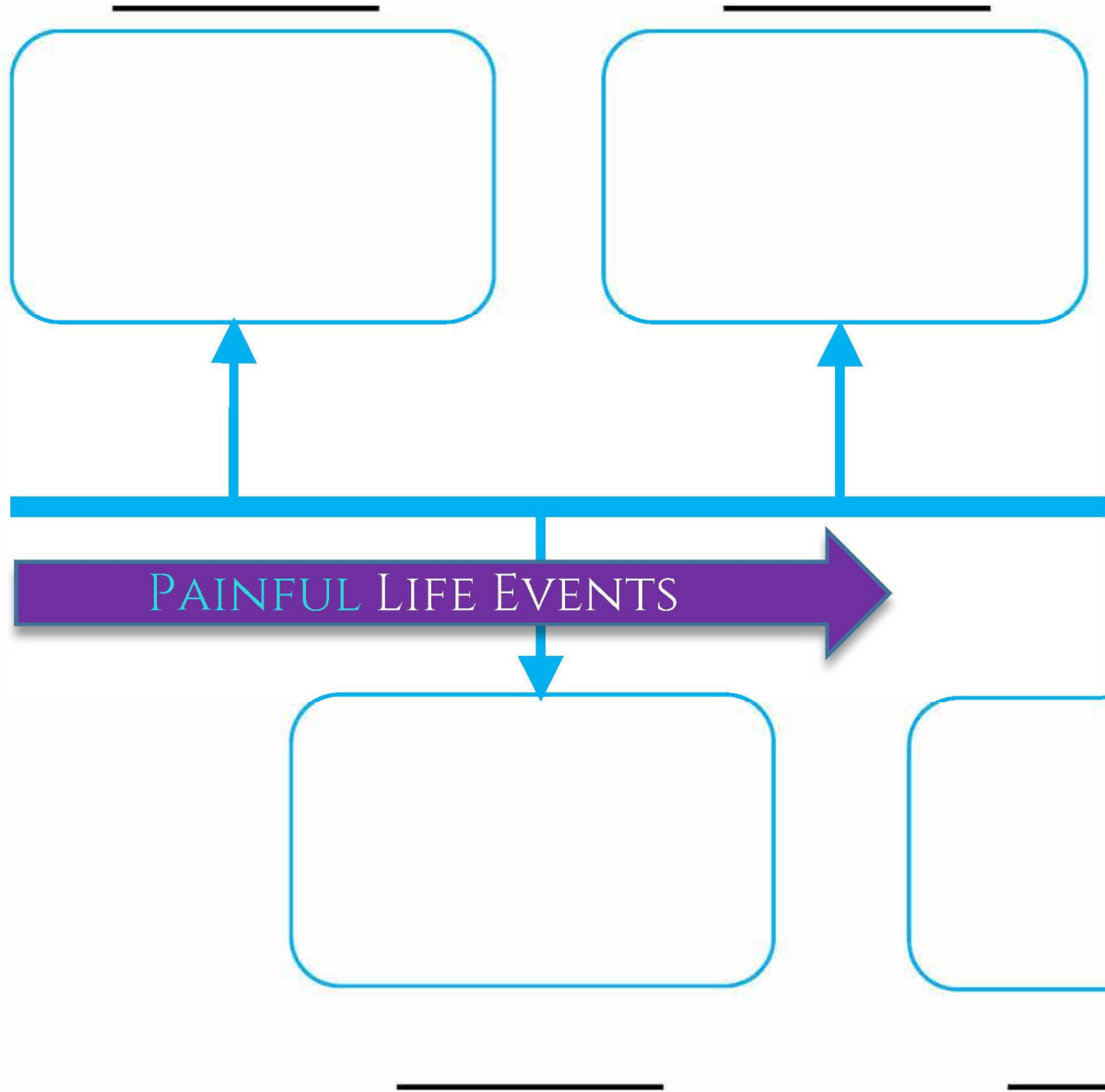
NOTES & DOODLES



PERSONAL

Use this worksheet to document defining moments (good ones and bad ones). See the events. The bottom of the timeline is for documenting painful events. Take your time worksheet.

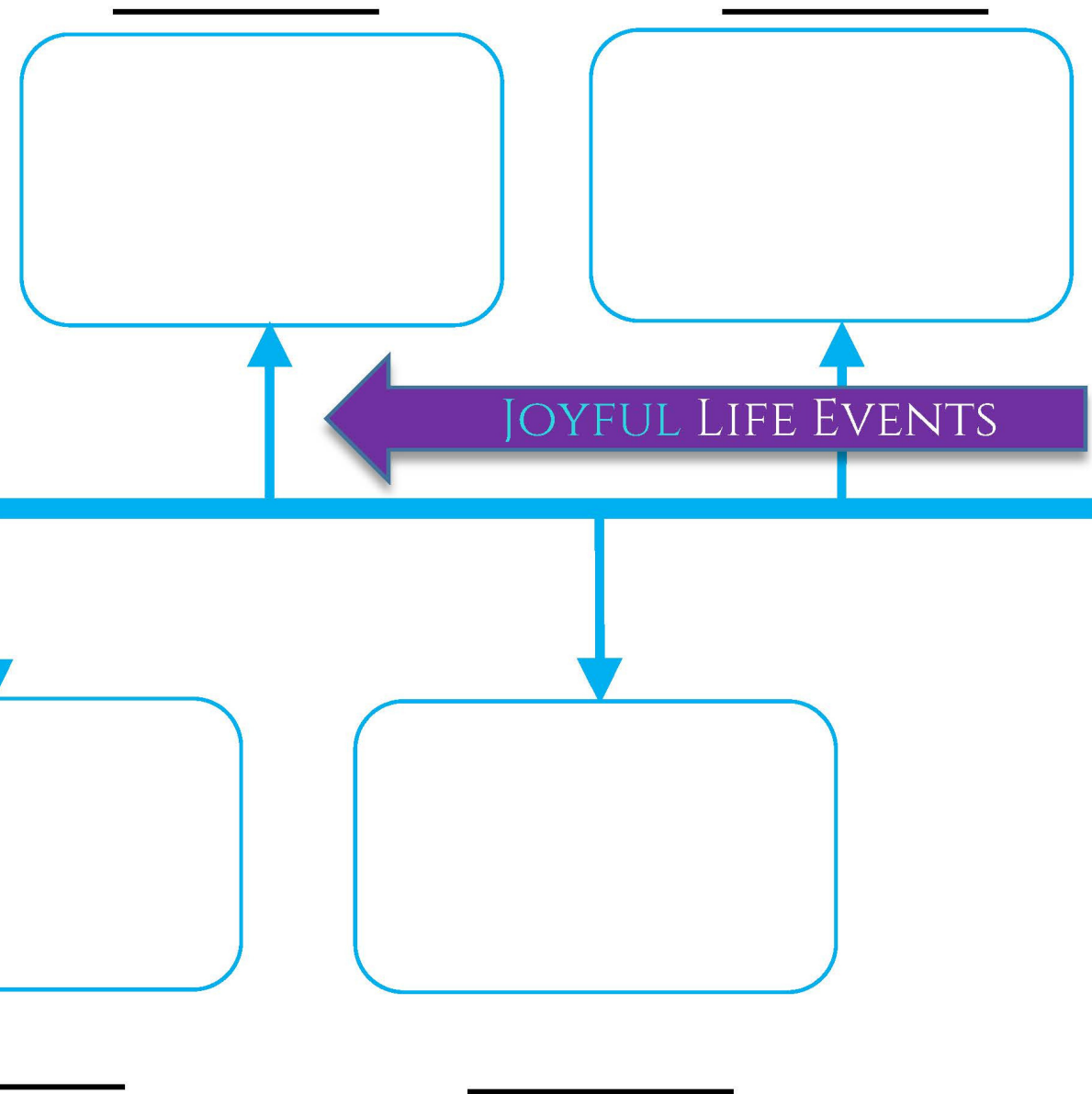
Name: _____



TIMELINE

ample provided with your worksheet. The top of the timeline is for documenting joyful
th this process. After you complete this worksheet, move on to the *What I Told Myself*

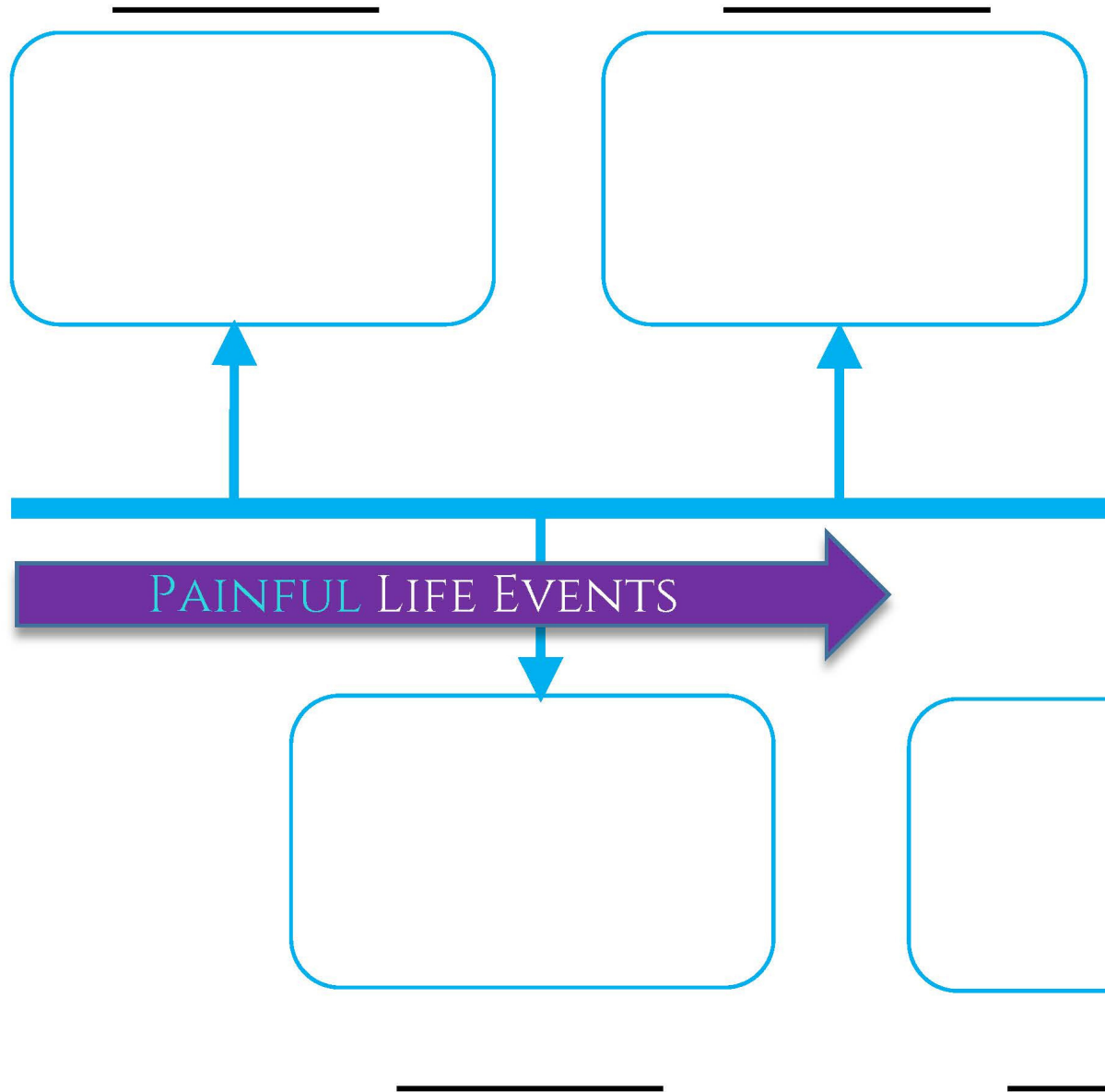
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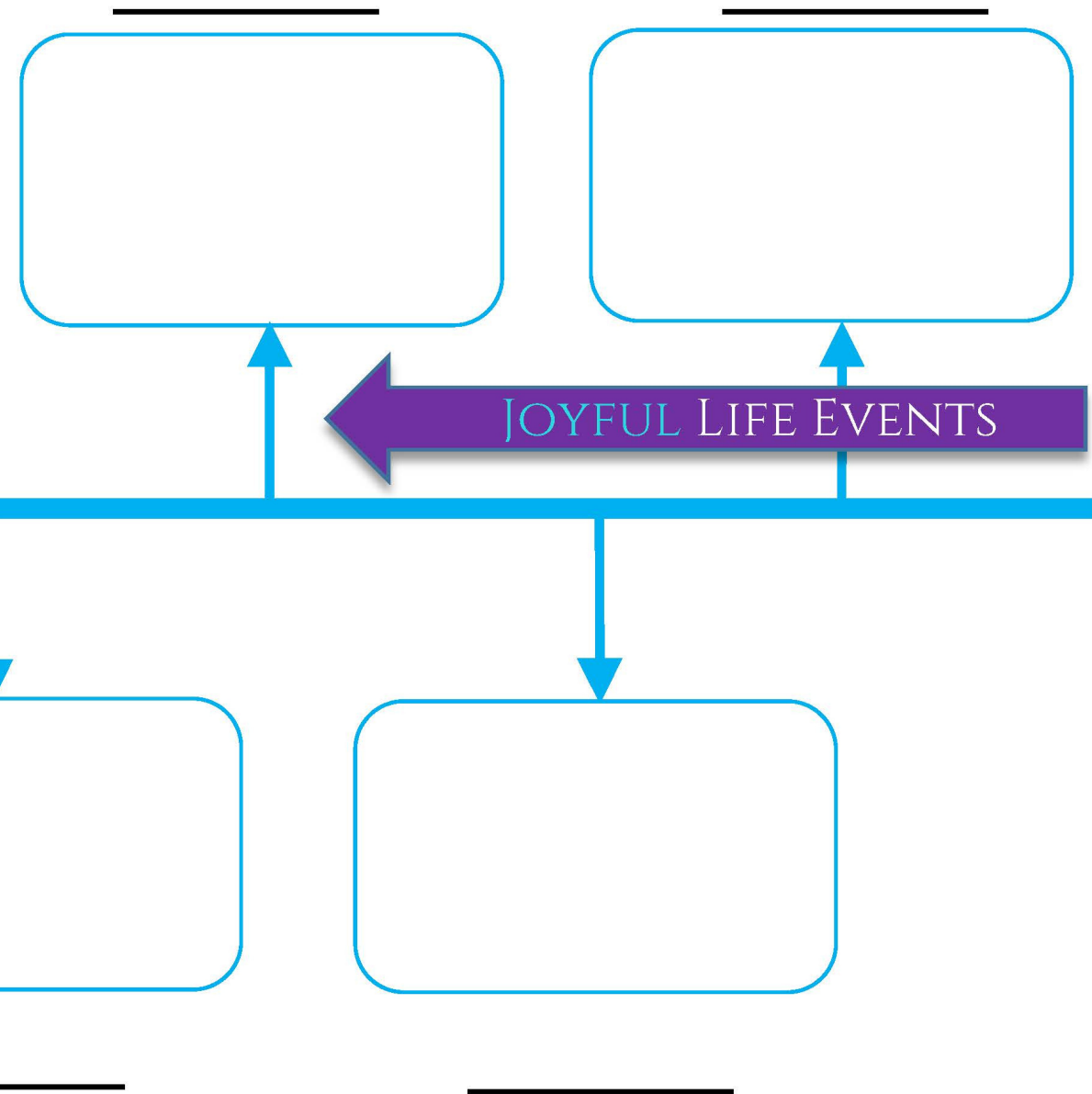
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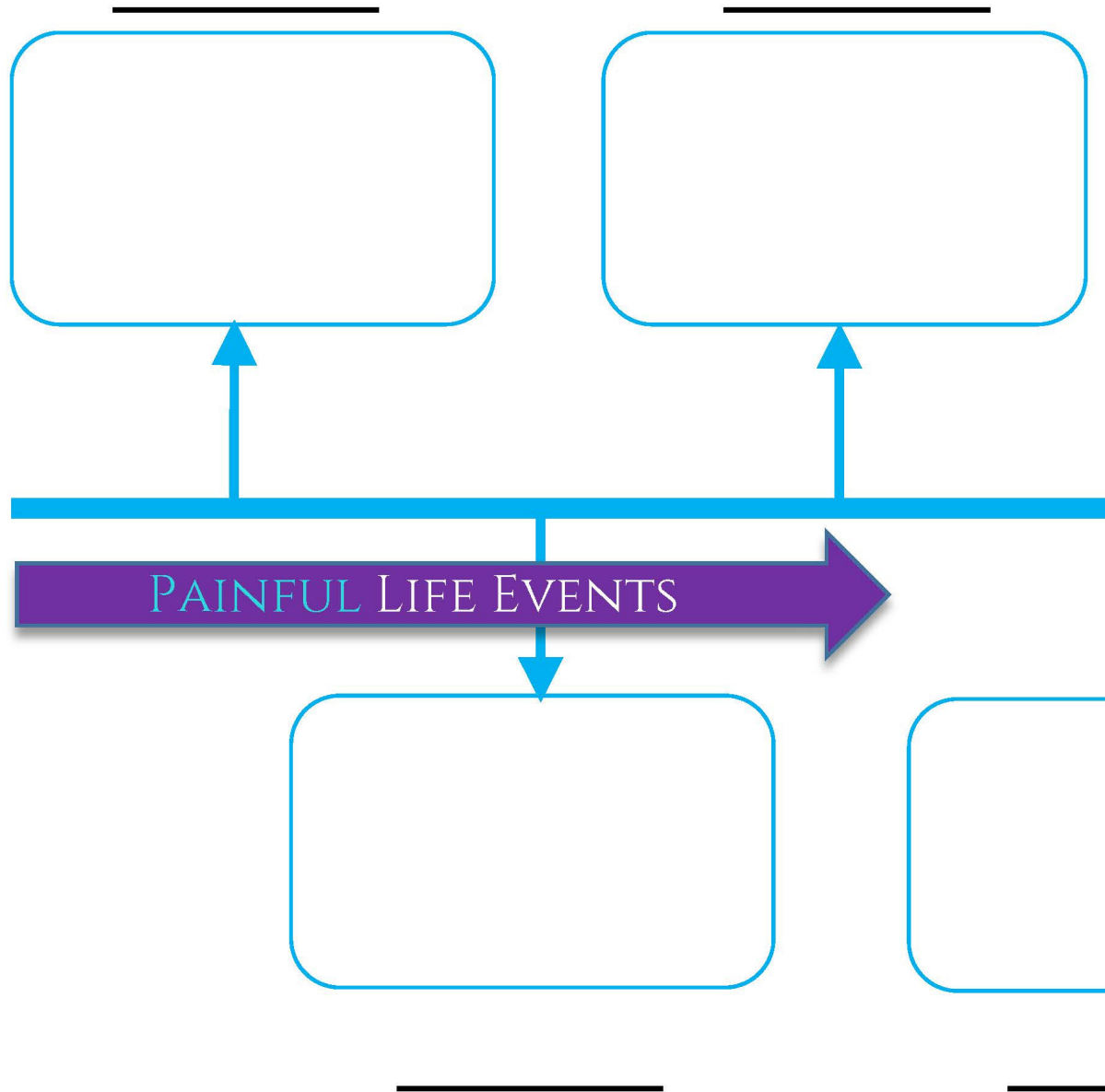
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