

Important events in your life

- Events that teach you something about life e.g. being selected for a team might have taught you the value of hard work and perseverance
- Events that made you feel suddenly more mature/ older/ grown up e.g. looking after your little brother or sister for the first time
- Events that gave you inspiration for your future e.g. the first time you were given Lego and built a 1000 piece skyscraper hinted at your future love of architecture.
- Events that highlight how important it is to enjoy life e.g. your pet budgie only survives 2 months under your care

Both good and bad events can make you appreciate, adapt or change your life in some way