

Critical life events are defined as discrete experiences that disrupt an individual's usual activities, and may be equated with turning points in the individual's lifespan. Examples include education, employment, marriage, illness or injury, and even changing a job. They provide high levels of predictability and clarity of the life course, and can set the stage for developmental goals.

What would you attribute as your critical life events? List in chronological order.

CRITICAL LIFE EVENT	FACTORS LEADING	HOW IT AFFECTED ME	DEVELOPMENTAL IMPACT

Revisiting life journey especially critical life events can be a cathartic experience. Self-reflection with this toolkit is not recommended if you have paucity of time or significant tasks weighing on your mind.