

**DECADAL TIMELINE GUIDE**

One of the most important exercises for adult leaders is a deep, personal reflection on life. It begins with reflecting on our own life. The following exercise will guide you in a thorough reflection. We are giving you a series of questions, but we recognize that not every question will be relevant to your life, or the decade you are thinking through. If the question doesn't apply, ignore it. The decadal worksheet aids you in reflecting how you have developed over time. You may want to re-create the chart below on your computer with Excel or Word to provide space for you to do this electronically. Others of you may prefer to just print a copy and use pen and paper to write this out. This is "just for your eyes," so be as honest and transparent as possible in writing it. Keep it in a confidential place.

Here is a series of questions to help you "unpack" your life.

- What were the personal experiences that shaped your life at each stage?
- Note your greatest joys at each stage of your life.
- Note your greatest pains.
- Have you been impacted by vocational changes in some of these decades?
- What community service did you participate in these years? How did it go?
- What were your successes? What were the pain points?
- What was your understanding of God and the world at various stages in life?
- How would you describe the relationships in your family in each decade?
- What kind of friends and relationships did you experience?
- What contributed to the development of your self-concept?
- Have you had opportunity to lead people over the years? The outcomes?

While this exercise will take some time, it can serve as a very helpful start to understanding how your life story has unfolded decade by decade.

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10-20	
20-30	
30-40	
40-50	
50-60	
60-70	
70-80	