



Signature Moments

If you think about your life as a long path you are travelling, you could signpost signature moments from your life along that path. You could draw a picture or write a word or phrase that captures the essence of the memory of that event. You could probably pick out a number of transformative moments from your life right back from when your first memories. It might be changing schools at the age of eight, getting lost that time you went to the shopping mall with your family in 1976. It could be a major accident, a job loss or an overseas holiday. Use the pathway below to signpost at least 6 key events from your life journey so far. Then answer the reflective questions.

