

# Your Spiritual Autobiography

Your life story is your own. No one else can tell it. Preparing a spiritual autobiography gives you the opportunity to remember significant people, places and events in your life and how these have formed. Below are some questions to get you get started.

## ***Introduction: Life Time Line***

On the line below write your birth date under the dot on the left margin and a reasonable estimate of the year you think you might die under the dot at the right margin. Along the line, mark the current date. Then mark and identify other significant dates and events in your life. What do you notice? How do you feel about it?



(birth date)

(death date)

## ***People and Places***

Who are the people who have had the greatest impact on your life? Describe the impacts they have had.

Identify the places in which important things have happened to you and the communities which have had a lasting influence on you.

## ***Experiences***

List a few of the happiest and saddest experiences of your life. Why are they important to you? How have they formed you?

How do you describe the religious and spiritual experiences that have been most formative? Did you ever leave your religious tradition? Which religious traditions have you explored?

### ***Metaphors and Stories***

Which spiritual metaphors and biblical stories are most meaningful to you?

### ***Choosing Creatures***

Think of important decisions you've made. What was the importance of these decisions? How have you made them? What have been the results?

### ***Master Story***

Each of us has a "master story" with themes that summarize our lives. What is your master story? What are the themes of your life thus far? Where is God present and moving in your story?

### ***Epilog: Leaving a Legacy***

How do you want to be remembered? What do you want to be remembered for?