

# Sticky Note Timeline

Everyone has a story to share and the process of sharing our story is a powerful way of creating a sense of community and building lasting emotional connections with others. The self reflective process involved in preparing to share our stories, often leads to deeper self awareness of why we do what we do and areas of strengths and weaknesses.

Take some time to reflect upon your life and identify the people, circumstances and events that have impacted your life and contributed to who and where you are today.

## Materials

- ½ poster board 14 inches x 22 inches
- Small post its 2 x 1 ½ inches,
  - 50 – yellow
  - 15 – pink
  - 15 – blue
  - 15 – green

## Step 1

- Use the yellow pad of Post-It's to jot down one event, person, circumstance etc. per Post-It that had a significant impact on your life. Write a few words about each event or person, which will sufficiently describe the impact of this experience. A goal would be to try and create as many as **30- 50 post its**. Sometimes the most seemingly insignificant memories come to mind, go ahead and write these down, if they prove to be insignificant you can discard them. As you work, place the finished Post-It's randomly on the table in front of you.
- **Examples— of items on Post-Its**
  - People:** Parents, friends, ministry contacts, teachers, coach, pastor
  - Events:** Graduation, Marriage, spiritual experiences, birth of child. Losses - health, finances, relationships
  - Circumstances:** Conflict with parents, financial calamity, achievements, special recognition, health, traumatic experience, early schooling, family dynamics
  - Achievements/recognition events:** Things you did which were enjoyable, rewarding i.e. Collecting bugs, planning a trip, winning an award, accomplishing some feat as a team, education

## Step 2

- Reflect upon the events, people or circumstances described on your yellow Post-Its and identify any that you would consider to be negative or painful. Transfer every negative or painful event, person or circumstance from the yellow to a pink Post-It. Discard the yellow Post-It for each one transferred. Remember one incident per post it. Many times in this process you recall other positive (yellow) and painful experiences (pink). Continue to stack the Post-Its without consideration of order.

## Step 3

- You will now begin to arrange your Post-Its on the poster board. You will want to leave a 1"-2" margin all around. Find the earliest person, event or circumstance and place that Post-It at the top

left of the poster board. Place the remaining Post-Its in chronological order, integrating the pink and the yellow, underneath the first. When you arrive at the bottom or you find the next Post-It represents a whole new chapter of your life, start a new column. You may still remember missing events—pink, or yellow, add those as you go. Use the entire poster board.

#### **Step 4 –**

- Evaluate the events of your life to identify distinct phases or “chapters”. Be as creative as you create a title for each chapter. Titles of TV shows, movies, sports themes, or other metaphors can be used. Most people are able to find 5-7 chapters in their life. Write your chapter titles on blue Post-Its.

#### **Step 5 The Impact of the Past on The Present**

So what does all this mean? As you look at your time line and reflect upon the people, events, and life circumstances that have made you who and what you are, answer the following questions:

- How has my life story impacted my view of myself? How was I perceived as a child? How has that impacted how I view myself today?
- How has my life story impacted my self-confidence and my sense of competence?
- How has my life story influenced how I view children?
- How did my life story influence my choice of a career?
- How has my life story influenced my views of classroom guidance and discipline?
- How has my life story influenced the emotional environment I create for children?
- What losses have I suffered and how does it impact who I am, what I do in the work place and how I view children?
- What strengths does my personal history allow me to bring to the child care environment, my employees and the parents?
- In light of my personal history, what are some areas that need to be “healed” or overcome?
- How does my personal history impact how I relate to my co-workers?
- What other insights have I gained about myself and why I do what I do?
- What are some areas in which I would like to grow and improve?
- What steps will I need to take in order to experience personal growth?
- What information, materials, resources and support do I need to reach my goals for personal growth?
- What do I specifically need from my director?

#### **Step 6 Future Goals**

- What are some areas in which I would like to grow and improve?
- What are some personal goals that I would like to achieve in these areas?
- What steps will I need to take in order to experience personal growth?
- What information, materials, resources and support do I need to reach my goals for personal growth?
- What do I specifically need from my director to reach my goals?