

ACTIVITY 3B – STUDENT WORKSHEET

PROCESSING OUT WORKSHEET —

My Lifeline

Refer to your lifeline to answer the questions that follow:

1. Is most of your lifetime behind you or ahead of you?
2. What percentage of your life have you lived?
3. Given your estimate of your life span, about how many years do you have left to live?
4. Think about the things that you have done in the past. Describe at least three things that you have done that you feel good about.
5. Describe one thing in your past that you feel bad about. Could you have done something to make it better?
6. Describe what you think we learn from good or bad experiences. How do they affect us and how do they change our attitudes or our outlook?
7. Look again at your lifeline. Think about what you would like to accomplish in the time in the future. Consider your abilities, drives, and interests. Write down at least four important things that you wish to accomplish before age 100.
8. What preparation might you start now to accomplish the four things listed above?
9. Knowing that you have so much time ahead of you, what changes should you make in your life in order to reach your goals?
10. Is it too late to accomplish some of the goals you set? Explain why.

