Life timeline template

Look across your life, one decade at a time.

No need to fill every box. Cross out the age labels if they do not fit. Dates may stay approximate or unknown.

Ages 0-9

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Ages 10-19

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Ages 20-29

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Ages 30-39

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Ages 40-49

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Free to print and share for personal, family and community story sessions.
No account needed. More examples and the online worksheet: memoirwell.com/tools/life-story-timeline

Life timeline template

Continue with later decades, or choose your own periods.

No need to fill every box. Cross out the age labels if they do not fit. Dates may stay approximate or unknown.

Ages 50-59

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Ages 60-69

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Ages 70-79

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Ages 80-89

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

Ages 90 and beyond

A moment or scene _____

Approximate year / place _____

People / how I know / what is uncertain _____

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