



Name: _____

Class Period: _____

Guided Life Outline

If you're the star in your life, who are the other main characters? (These should be the people in your life that play a big role. It could be your parents or guardians, other family members, close friends, neighbors, sports coaches, or teachers or leaders in activities you do outside of school like church, gymnastics, or music lessons.)

Who might be in supporting roles? (These could be people you spent less time with but with whom you had a meaningful relationship or interaction, for example, a friend from a dance class you took when you were younger or a teacher you had in elementary school. They also could be people that are not particularly important to your overall life but are important to this moment or story.)

Did any of these people teach you something important or were they involved in a period of your life when you accomplished something or grew in some way? Write down three moments in your life where you learned a lesson, changed a belief, or were challenged to try something new. Include the person or people who were present or participated in that moment.

1) _____

2) _____

3) _____

Select one of those three moments. This is the one you'll use to create your monologue.
Write it below:

Why is this moment important in your life? _____
