MY STORY TIMELINE

My Story Matters

A biographical timeline to explore my story from in utero to now — including strengths, hard experiences, systems, gaps, and places where support could have changed my path.

Positive experiences / strengths | Hard experiences / challenges | Systems / services / supports involved | Gaps / what was missing | What could have changed the trajectory?



IN UTERO / BEFORE BIRTH

Positives / strengths:

Hard experiences:

Systems involved:

Gaps / what was missing:

What could have helped or changed the course?



BIRTH / INFANCY

Positives / strengths:

Hard experiences:

Systems involved:

Gaps / what was missing:

What could have helped or changed the course?



EARLY CHILDHOOD

Positives / strengths:

Hard experiences:

Systems involved:

Gaps / what was missing:

What could have helped or changed the course?



SCHOOL AGE

Positives / strengths:

Hard experiences:

Systems involved:

Gaps / what was missing:

What could have helped or changed the course?



ADOLESCENCE

Positives / strengths:

Hard experiences:

Systems involved:

Gaps / what was missing:

What could have helped or changed the course?



ADULTHOUD / PRESENT

Positives / strengths:

Hard experiences:

Systems involved:

Gaps / what was missing:

What could have helped or changed the course?



PATTERNS I NOTICE



IMPORTANT TURNING POINTS



WHAT I WANT PEOPLE TO UNDERSTAND NOW



Every story holds both pain and strength. Looking back can help us understand what mattered, what was missed, and what support is needed now.