



# Activity: Identifying Your Pivotal Moments

**Time: 30 minutes**

## **Gentle Reminder**

*Please keep in mind that exploring your life experiences can elicit powerful memories and emotions. Don't hesitate to seek professional assistance to support your efforts to revisit, learn from, and find gratitude for your life experiences.*

The first step in finding gratitude for your life experiences is to identify pivotal moments in your life.

What do I mean by pivotal?

Pivotal moments are those that are of vital or critical importance in your life. They're important because other things depend on them. They're important because, as described in this chapter, they've helped shape who you are and how you show up today.

## **Step 1**

Set aside at least 30 minutes of uninterrupted time to complete this activity. Find a quiet place that's conducive to reflective work and a setting that enables you to record your responses. Make sure you're in a private location so you won't be worried if your emotions rise to the surface.

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## Step 2

Identify at least four of the most pivotal moments of your life. These can be from any point in time, such as childhood, teenage years, young adulthood, the present day, etc. At least two of these moments should represent stressful, traumatic, or challenging times in your life. Record each moment on a separate piece of paper or a separate page on your computer. Create a name or title for each moment that corresponds with what it's about.

## Step 3

Answer the following questions for each moment you've selected.

- Why do you consider this a pivotal moment in your life?
- What story have you told yourself about this moment?
- What meaning have you assigned to this memory?
- How has that story/meaning shaped your behavior?
- What would you like to change about the story/meaning you've assigned to this memory?