LIFELY · YOUR WHOLE LIFE ON ONE TIMELINE

Personal life timeline worksheet

Keep the story behind a few moments. Start with one milestone, one everyday memory and one recent event. Put them in date order when you are ready.

1. **Remember a moment.** A move, a meal, a conversation or a trip is enough.
2. **Keep dates honest.** Write the month or year if that is all you know. Mark any estimate.
3. **Add context.** Who was there? Why do you remember it? Which chapter does it belong to?

Your first memories

Remembered date (day, month or year)	How certain? How did you check?	What happened? Why do you remember it?	People, life period and photo reference

Date example: “September 2016 · month known, day unknown · checked an old email.” This is a fictional example, not a date you need to use. Leave gaps when you do not remember.

This worksheet is for your personal memories. Keep your completed copy with your other personal documents.

Guide, example and CSV version: lifely.page/life-timeline
Lifely is a life timeline and diary for iPhone, Android and web. Free download with in-app purchases and ads. The worksheet is a planning aid, not a Lifely import file.