



# The More It Changes, the More It Stays the Same

If you're like most people, you probably have photographs of yourself from many different times in your life. This is your chance to get those photos out and explore how you've changed over the years and how you've stayed the same.

## Step 1.

Choose four events in your life from as broad a time span as possible. They can be events that you especially like or ones that represent milestones in your life.

## Step 2.

Fill in the blanks for each event.

## Step 3.

Look for any patterns in your life. Do you notice any changes in a particular direction, or do you seem to be holding to a steady course?

**Remember, this exercise is designed for you to think about how you might have changed over time; there are no right or wrong answers.**

### Event 1:

Year:

What I was like then:

How I've changed:

How I'm the same:

### Event 2:

Year:

What I was like then:

How I've changed:

How I'm the same:

### Event 3:

Year:

What I was like then:

How I've changed:

How I'm the same:

### Event 4:

Year:

What I was like then:

How I've changed:

How I'm the same: