

VICTORYA ROGERS COACHING

Coach * Mentor * Consultant

For your Life, Love, Faith, Career & major Life Transitions

YOUR STORY!

Please write **Your Life Story & Spiritual Autobiography** including the significant moments in your life--dreams, victories, disappointments, disasters, moves and highlights you feel are important for me to know. (Send this with a recent picture if you are coaching by phone). Below are some tips to make this easy.

Every life is significant--too often we don't realize it because we don't look back and reflect on where we've been. My challenge for you is to look back on your life thus far and write **YOUR STORY**. Just begin writing (in a notebook or on your computer). Outline or write your autobiography without worrying about good English or proper sentences. There may be some very painful memories that come up. Don't be surprised if the hurt feelings come back while you're writing. But keep going, it's important to recall and write down how God brought you **THROUGH** those times so you can face your future more boldly. Just start writing. It's easier to recall your past when you look back on your life in age groups.

QUESTIONS TO ASK YOURSELF

What do you remember most, good or bad, about your life through each age group?

AGE GROUPS:

Age 0-5; Grades 1-6; Jr. High/Middle School; High School; Age 18-21/College years;
Your 20s, 30s, 40s, 50s, 60s, 70s, 80s and beyond

- What did you do?
- Where did you live?
- Who were your friends and enemies?
- What highs and lows did you experience?
- How did you view God and what role did you see God playing in your life at that time?

⇒ **What are some of your life's...**

Blessings?

Joys?

Victories?

⇒ **What are your biggest...**

Disappointments?

Hurts?

Storms?

⇒ **What dreams were planted in your heart early on?**

Did you pursue those dreams?

If not, who or what stopped you?

When did you meet God and what led up to you accepting Him into your heart? One of the goals of writing your spiritual autobiography is to gather the material to eventually write your "3-minute testimony" about what God has done in your life. Include your life *before* you began a relationship with God, *when* you met Christ (if you have), and your life *since* you met Him. (Details on how to write your 3 minute testimony is found in *How to Talk About Jesus without Freaking Out* by Jim & Karen Covell and Victorya Michaels Rogers.

Helping Women make better choices so you can finally live the life of your dreams