

# MY LIFE TIME TABLE

Life Ups

Life Downs

BIRTH

TODAY

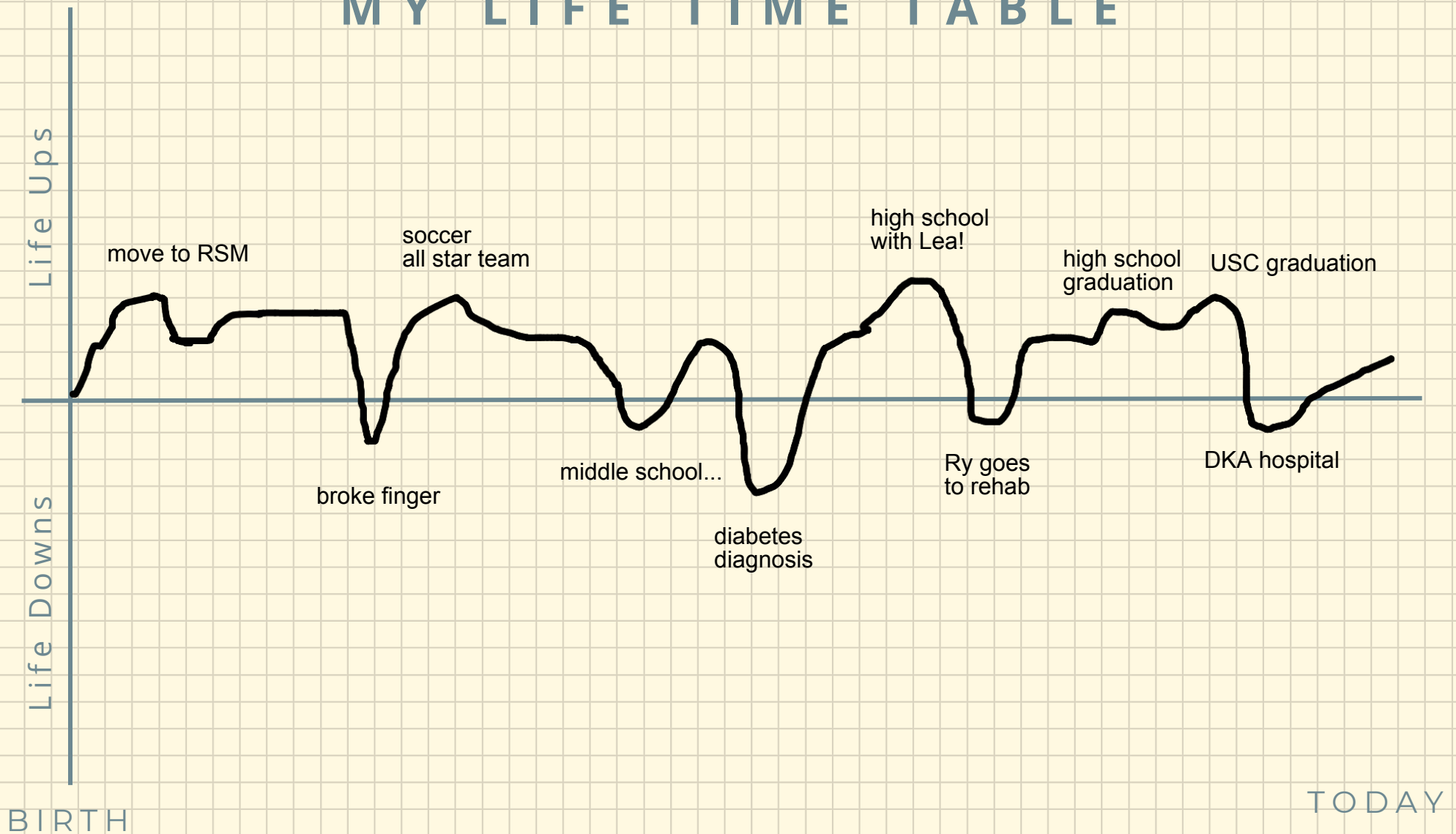
Significant events may include:

- Diabetes diagnosis
- Serious illness/ hospitalization (self or family member)

- Graduating or changing schools
- Moving to a different city
- Major family events (marriages, divorces, births, deaths)

- Personal achievements
- Starting/ending a job
- Change in relationship ( family, friends, etc.)

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