

# Personal History Worksheet

## Instructions

Reflect on your life, focusing on each developmental period year by year. Morris Massay's Stages of Value Development forms the basis for the concepts of imprint, modelling, socialisation, and carrier periods. For each period, record the following details for any significant incidents, events, or memories—both positive and negative:

- Age
- Incident
- Reflection on the incident:
  - What did you achieve?
  - What feedback did you receive?
  - What did you gain from the experience?
  - How did you feel at the time?
  - What lessons did you learn?
  - What beliefs or insights did you develop?

Feel free to delete or add lines as needed.

0 - 7 YEARS OLD		IMPRINT PERIOD
This is the stage when you are like a sponge, absorbing everything around you. Around 20 billion synapses are formed during this time.		
<i>Example of Imprint Period</i>		
Age	6	
Incident	<i>I started kindergarten and began forming friendships.</i>	
Reflection	<i>During this period, I developed early social skills and learned to trust and cooperate with others. My teachers often told my parents I was a natural leader in group settings, which helped me gain confidence in social interactions. I felt happy when I was able to solve problems or help others. I learned the importance of kindness and empathy, and I believed that working with others could bring about positive results.</i>	
YOUR HISTORY		
1	Age	
	Incident	
	Reflection	
2	Age	
	Incident	
	Reflection	

<b>7 - 14 YEARS OLD</b>		<b>MODELLING PERIOD</b>
At this stage, you begin modelling yourself after significant people in your life - often someone you look up to, such as a parent, teacher or mentor.		
<i>Example of Modelling Period</i>		
Age	10	
Incident	<i>I joined the school science club and began competing in local science fairs.</i>	
Reflection	<i>This was a pivotal moment for me because it showed me the importance of perseverance and teamwork. Although I didn't win my competitions, the experience sparked a lifelong interest in science and learning.</i>	
<b>YOUR HISTORY</b>		
1	Age	
	Incident	
	Reflection	
2	Age	
	Incident	
	Reflection	
3	Age	
	Incident	
	Reflection	

<b>14 - 21 YEARS OLD</b>		<b>SOCIALISATION PERIOD</b>
<p>During this phase, you begin to take the models you have developed and test them out socially, figuring out who you are in the eyes of others.</p>		
<p><i>Example of Socialisation Period</i></p>		
Age	18	
Incident	I moved away from home for college and began to live independently.	
Reflection	<p>This period was transformative because I had to navigate new social circles, manage responsibilities, and make decisions on my own. I quickly learned how to balance academics with social life, though it wasn't always easy. The feedback from peers and professors helped me refine my communication skills and decision-making. I felt both excited and overwhelmed at times, but ultimately, I gained a sense of confidence in my ability to adapt and grow. I learned that self-reliance and resilience were crucial, and I believed that personal growth comes from stepping outside of your comfort zone.</p>	
<b>YOUR HISTORY</b>		
1	Age	
	Incident	
	Reflection	
2	Age	
	Incident	
	Reflection	
3	Age	
	Incident	
	Reflection	

<b>21 - 25 YEARS OLD</b>	<b>CAREER PERIOD</b>	
In this stage, you begin to model your career aspirations after professionals or mentors in your chosen field, and work to establish your place in the professional world.		
<i>Example of Career Period</i>		
Age	21	
Incident	<i>I secured an internship as part of my work experience. Although I was excited, I initially felt overwhelmed by the fast-paced, competitive environment.</i>	
Reflection	<i>The early days were challenging as I struggled to meet expectations. Over time, however, I developed valuable skills in time management and diplomatic communication. The experience also gave me the opportunity to reflect on my future career and whether this is the path I truly want to pursue.</i>	
<b>YOUR HISTORY</b>		
1	Age	
	Incident	
	Reflection	
2	Age	
	Incident	
	Reflection	
3	Age	
	Incident	
	Reflection	

26 YEARS OLD+		GROWING & LEARNING PERIOD
<p>Reflect on your life after the age of 26 onward, every five years thereafter, up to your current age. Jot down significant incidents, events, and memories, both positive and negative. Feel free to delete or add lines as necessary.</p>		
<p><i>Examples of Growing &amp; Learning Period</i></p>		
Age	28	
Incident	I got married.	
Reflection	I committed to building a life with someone I loved, feeling excited about the future under our shared dreams. I learnt that love alone isn't enough to sustain a relationship; effort, understanding, and alignment of values are crucial.	
Age	35	
Incident	I got divorced.	
Reflection	I achieved the courage to end a relationship that was no longer healthy for either of us. It was a challenging but necessary decision for my well-being. I developed a stronger belief in self-love and that personal happiness comes from within, not from another person.	
YOUR HISTORY		
1	Age	
	Incident	
	Reflection	
2	Age	
	Incident	
	Reflection	
3	Age	
	Incident	
	Reflection	
4	Age	
	Incident	
	Reflection	
5	Age	
	Incident	
	Reflection	