

INSTRUCTIONS FOR ILLUSTRATING YOUR LIFE ON A PAGE

1. STARTING WITH THE MONTH YOU WERE BORN, FILL IN THE FIRST LETTER OF EACH MONTH OF THE YEAR, FOR TWO YEARS
2. MARK THROUGH ALL THE FULL YEARS AND THE MONTHS YOU HAVE LIVED, UP TO THE CURRENT MONTH. THIS DEFINES THE END OF PHASE 1: THE YEARS YOU HAVE SPENT.
3. MARK THE YEAR OF YOUR LIFE YOU EXPECT TO RETIRE. THIS DEFINES THE END OF PHASE 2: YOUR REMAINING CAREER YEARS.
4. MARK THE YEAR OF YOUR LIFE YOU EXPECT TO START NEEDING LIVING ASSISTANCE. THIS DEFINES THE END OF PHASE 3: YOUR INDEPENDENT RETIREMENT YEARS.
5. MARK THE YEAR OF YOUR LIFE YOU EXPECT TO DIE. THIS DEFINES THE END OF PHASE 4: YOUR DEPENDENT RETIREMENT YEARS PRIOR TO DEATH.
6. MARK THROUGH THE REMAINING YEARS. THIS DEFINES PHASE 5: YOU HAVE PASSED AWAY AND ONLY EXIST AS A MEMORY.