

GOALS

RISKS

TACTICS

Timeline Exercise

Timeline Exercise


DATE

ME TODAY

PEOPLE I LOVE

Timeline Exercise

CUT OUT A TIMELINE TO CARRY IN YOUR WALLET



| MARGINAL DECADE | |
|-----------------|--|
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| | |

Example

| MARGINAL DECADE | | |
|-----------------|----|----|
| PETER | 80 | 90 |
| JILL | 75 | 85 |
| OLIVIA | 45 | 55 |
| GRANDCHILD | 15 | 25 |
| REESE | 39 | 49 |
| GRANDCHILD | 10 | 20 |
| MYRTON | 36 | 46 |
| GRANDCHILD | 5 | 15 |



Not medical advice

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