

Your Mount Rushmore of Experiences

Four defining life moments

Printable worksheet · 4 parts

Name _____ Date _____

Your Mount Rushmore of Monumental Experiences

Exploring the defining moments that shaped your life journey

0 of 4 answered

About This Worksheet

Like Mount Rushmore depicts four monumental presidents, this exercise helps you identify and reflect on the pivotal moments that have shaped your life. By examining both the visible and hidden aspects of these experiences, and considering how others perceive them, you gain deeper self-awareness. Most importantly, you can envision the recovery milestones you want to create moving forward—writing new chapters of your life story.

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PART 1 OF 4

Your Monumental Moments

What four monumental moments defined you and shaped your life?

Describe the four defining moments that shaped who you are today...

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PART 2 OF 4

Behind the Mountain

If there was an opposite side to this monument, what would we see behind the mountain that you may be hiding from others about your monumental moments?

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PART 3 OF 4

Others' Perspective

If we asked the person that you are the closest to name the four defining moments in your life, would they be the same? What would others perceive as your monumental moments?

Consider how others might view your defining moments...

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PART 4 OF 4

Your Recovery Monument

You have the opportunity to rewrite your book going forward, what monumental moments of your recovery would you like people to see?

Envision the recovery milestones you want to create and be remembered for...

Additional Notes (Optional)

Any additional reflections or insights...

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