

your life in one
square per year

00

01

02

03

04

05

06

07

08

09

HOW TO USE

1960s

1970s

1980s

1990s

2000s

2010s

2020s

Each square holds
one year. The row
is the decade. The
column is the year.

1) Add small
doodles and words
to capture the
major touchpoints
in your life

2) Learn things
about your life
you've never
noticed before!

THINGS TO ADD:

- family
- friends
- loves
- mentors
- pets
- residences
- schools
- sports
- clubs
- hobbies
- jobs
- trips & vacations
- vehicles
- books
- music
- movies
- things you made
- awards
- conversations
- moments
- rituals