Diagram your own life path, starting with birth and ending with death. Above the line, write major events that you remember from your past near the appropriate age. Also add major events that you would like to see or expect to occur in your future. Put an approximate age or date at which you would like to see these events take place. Below the line, list people who were or will be affected by your actions at each stage. Then describe what the family can do to promote growth and development at that stage.