As you look back over your life, when was the moment that you experienced the biggest change in each of the following categories? Please only answer topics you feel comfortable with. You don’t have to answer them all.

- **GENETIC influence**: What genetic inheritance from your parents has impacted your life the most?
- **PHYSICAL change**: When did your body change the most physically to significantly alter your life?
- **SOCIAL change**: When did your social circle (friends/family/etc.) suddenly change the most?
- **COGNITIVE change**: When did the way you think about the world change the most suddenly?
- **MORAL change**: What situation from your life most impacted your morals/ethics?
- **OVERALL BIGGEST CHANGE**: What’s been the single most impactful developmental event in your life?
Journal Entry 2: Moral Decision

Think back over your life and reflect on the most difficult moral/ethical dilemma you’ve ever faced…

- What was the event? Describe it in detail.
- What was the decision you had to make?
- What would have been the pros and cons of each option in the decision?
- What choice did you end up making? Why?
- What were the ramifications of the decision and how did you feel about it?
- Looking back now, are you happy with the choice you made?