



Life-Span Development Workbook

Birth–90

0–7: The Foundation Stage

Theme: Safety, attachment, early emotional imprinting.

Overview: This stage shapes how we understand safety, connection, and worth. Early caregivers, environment, and emotional availability set the tone for lifelong patterns.

Reflection Worksheet:

- What did safety feel like for you as a child?
- Which emotions were welcomed, and which were discouraged?
- What early beliefs did you form about yourself?
- What did you need then that you didn't receive?
- How does your inner child still seek protection or soothing today?

7–14: The Identity Imprint Stage

Theme: Belonging, self-concept, social learning.

Overview: This stage forms core identity beliefs, social behaviors, and early self-esteem patterns.

Reflection Worksheet:

- Who did you want to belong to at this age?
- What made you feel different or “other”?
- What rules—spoken or unspoken—shaped your behavior?
- What parts of yourself did you begin hiding?
- How do these patterns show up today?

14–21: The Becoming Stage

Theme: Autonomy, experimentation, emotional expansion.

Overview: Adolescence and emerging adulthood challenge old patterns while exploring new selves.

Reflection Worksheet:

- What identities did you try on?
- When did you feel powerful vs. powerless?
- What risks did you take to discover who you were?
- What boundaries were you unable to set?
- What dreams began forming during this time?

21–28: The Construction Stage

Theme: Building adulthood; proving oneself.

Overview: Many enter careers, relationships, and major responsibilities without full alignment.

Reflection Worksheet:

- What were you trying to prove—and to whom?
- What choices did you make for survival rather than authenticity?
- How did you measure success at this age?
- What coping patterns emerged?
- What do you wish your younger self knew?

28–30: The First Saturn Return – The Great Realignment

Theme: Truth, restructuring, identity clarity.

Overview: A life recalibration where misaligned structures collapse and deeper authenticity emerges.

Reflection Worksheet:

- What stopped working during this time?
- What truths surfaced that you could no longer avoid?
- What roles or identities fell apart?
- What did you rebuild intentionally?
- What part of you was reborn here?

30–38: The Expansion Stage

Theme: Mastery, stability, refinement.

Overview: Personal and professional foundations deepen; patterns become solidified.

Reflection Worksheet:

- What did you commit to during this period?
- What patterns became stronger?
- What did you learn about love and purpose?
- What responsibilities began to feel heavy?
- What successes still influence you?

38–40: The Fracture & the Flame

Theme: Disruption, rediscovery, emotional awakening.

Overview: Life cracks open to reveal suppressed desires, unmet needs, or misaligned paths.

Reflection Worksheet:

- What broke open during this time?
- What truths demanded to be seen?
- What passions resurfaced?
- What roles suddenly felt too small?
- What internal flame refused to go out?

40–49: The Integration Stage

Theme: Meaning-making, maturity, depth.

Overview: Life consolidates; values clarify; relationships shift toward authenticity.

Reflection Worksheet:

- What did you learn about resilience?
- What became more important—or less?
- Which relationships deepened?
- What values became non-negotiable?
- How did your identity stabilize?

49–51: The Soul Excavation

Theme: Emotional archeology, reclamation, truth.

Overview: Deep emotional layers surface; old wounds seek integration; authenticity becomes urgent.

Reflection Worksheet:

- What long-buried emotions resurfaced?
- What truths did you finally face?
- What identities no longer fit?
- What dreams resurfaced after decades?
- What emotional debris are you ready to release?

51–60: The Reorientation Stage

Theme: Refinement, redirection, new purpose.

Overview: A shift toward protecting energy, simplifying life, and pursuing alignment.

Reflection Worksheet:

- What did you stop tolerating?
- How did your relationships evolve?
- What passions resurfaced?
- What wisdom guided this era?
- What did clarity look like here?

58–60: The Second Saturn Return – The Mastery Threshold

Theme: Completion, surrender, spiritual maturity.

Overview: Cycles conclude; identity stabilizes; purpose becomes grounded in wisdom.

Reflection Worksheet:

- What cycles ended naturally?
- What did you forgive yourself for?
- What burdens did you finally release?
- What mastery emerged?
- What new beginning opened?

60–70: The Liberation Stage

Theme: Freedom, simplicity, emotional spaciousness.

Overview: Priorities shift toward peace, joy, and meaningful relationships.

Reflection Worksheet:

- What did you release to feel lighter?
- What brought unexpected joy?
- Which connections deepened?
- What regrets transformed into wisdom?
- What freedoms did you claim?

70–80: The Great Surrender

Theme: Acceptance, presence, softening.

Overview: Life slows; meaning and peace become central; identity loosens.

Reflection Worksheet:

- What became less important?
- What brought you peace?
- What emotions did you finally allow?
- What memories resurfaced?
- What stories did you rewrite?

80–90: The Return to Essence

Theme: Legacy, spiritual clarity, essence.

Overview: The self returns to its core; external identities fall away; essence remains.

Reflection Worksheet:

- What essence remains when all roles fade?
- What stories do you want to pass on?
- What defines your soul's journey?
- What gives your life meaning?
- What lessons has your life been teaching you?