

How to Complete Your Personal Timeline on The Timeline Project™

Welcome to **The Timeline Project™**, a program designed specifically for Millennial women. Millennials, who are 77 million strong and represent one-quarter of the U.S. population, are the most diverse generation in history. And for today's Millennial woman, the old rules no longer apply. The traditional, linear pattern – go to college, find a job, get married, have kids – has changed. The new rules may mean that you start your own company before finishing college. Or you write a blog and then, years later, buy your dream home. Whatever path you pursue, it's important to ignite a conversation about your life goals. And you can't talk about life goals without talking about family planning, because research shows that for 84% of unmarried Millennials, avoiding pregnancy is important.

That's where **The Timeline Project™** comes in to help. It's an online community and tool designed to encourage Millennial women with resources for personal growth and family planning options. It allows you to choose up to five life goals from 200+ potential goals – including college aspirations, career advancement, relationship and marriage hopes, travel dreams, family planning and more – to help empower you to take control of your future. Once a Timeline has been completed, it can be shared via social media networks by tagging **#TheTimelineProject**. To join the program and get started creating your own timeline, visit www.thetimelineproject.com.

Step-by-Step Instructions for Creating Your Own Timeline

Step 1

Click on Create My Timeline to get started. You'll then be prompted to pick your Life Category.



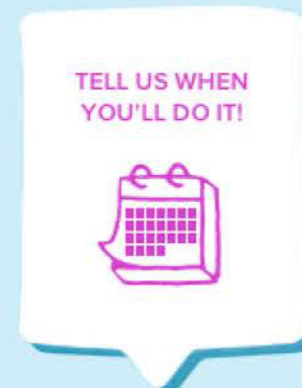
Step 2

Pick a Goal, which will correspond to your Life Category.



Step 3

Set your target age for achieving each goal.



Step 4

Select a backdrop for your goal. Keep adding up to five personal goals to your timeline.



Step 5

Finish, save and share your timeline on your social media channels. Be sure to tag **#TheTimelineProject**.



Step 6

Once you submit your timeline, enjoy a variety of selected articles that help bring your goals to life!

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