



Your Life-Map



Understanding the key events that have shaped your life.

Name:

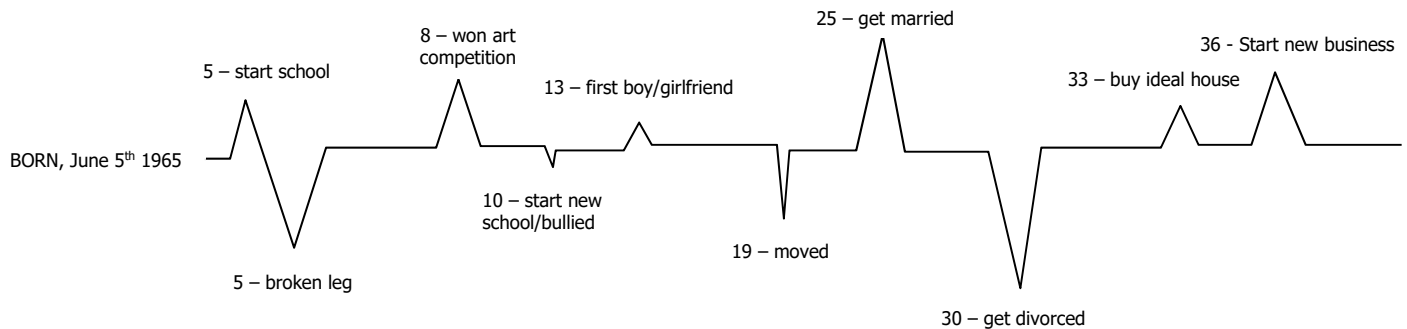
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INSTRUCTIONS STEP 1: Note the key events you feel have shaped your life - both negatively and positively.

1. Record your birth on the left-edge of the paper.
2. Draw a continuous line mapping your life from birth to the current day, mapping the high points with peaks and the low points with valleys. It may help to use seven-year cycles.
3. Write a couple of words description and your age at each of the peaks & troughs (eg. moved city, university, graduated, parents divorced etc).
4. Here are some questions to think about before you get started:
 - What are the significant milestones/events in your life to date?
 - What things have you done that you're proud of? (achievements big and small, from childhood onwards)
 - What were you interested in as a child? What were your childhood passions?
5. Before answering the review questions below ask yourself, "What is needed to make your life-map more rounded and complete? What seemingly small event had a big impact on your life?" Now add this event/s to your map?

LIFE MAP EXAMPLE:

This exercise is meant to be completed quickly – just turn over, start drawing the line and see where it takes you.



INSTRUCTIONS STEP 2: This is about learning about yourself and noticing what your life-map is telling you.

1. Imagine your life-map belongs to someone else. How do you feel about that person when you look at the life-map?
2. What values do you notice reflected in your important events?
3. When/what risks did you take?
4. How did you overcome obstacles?
5. When/what were the best decisions for you and why?
6. When/what were the worst decisions for you and why?
7. What would you change about your life-map if you could?
8. What patterns can you recognize?
9. How might you be holding onto the past?
10. What beliefs (about yourself, life and/or others) were formed at each key event/milestone?

OPTION: Draw your life map forwards into the future to identify hidden goals, hopes and possibilities. Without over-thinking draw your anticipated peak and trough life experiences. Add your expected age and a short description as before.



Your Life-Map



Draw Your Life Map below:



Born:
