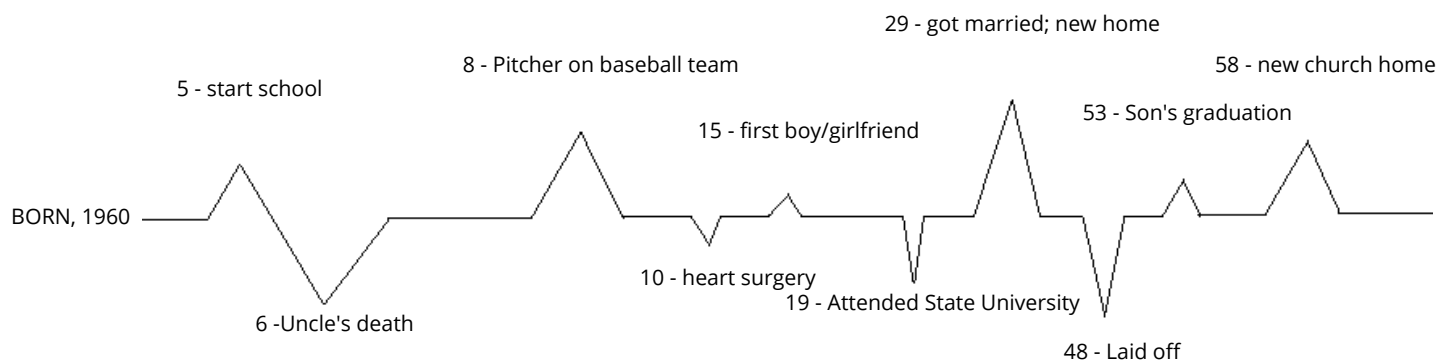## INSTRUCTIONS: STEP 1

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.
3. Write a couple of words description and your age at each of the peaks and troughs (e.g. moved cities, 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

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

29 - got married; new home
8 - Pitcher on baseball team
58 - new church home
5 - start school
15 - first boy/girlfriend
53 - Son's graduation
BORN, 1960
10 - heart surgery
19 - Attended State University
6 -Uncle's death
48 - Laid off

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 looking at the life-map?
2. What values do you noticed 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 on to the past?
10. What beliefs (about yourself, life and/or others wre formed at each key event/milestone?

OPTION

Draw your life map forwards into the future to identify hidden goals and fears. Put pen to paper, then without thinking draw your anticipated peak and trough life experiences. Add expected age and a short description as before.