



Life Timeline

Starting at birth, make a list of all significant events that occurred until the present:

Now you are going to summarise your list. Simplify events that are similar. For example, if you moved several times from birth to 16, sum up the experiences by saying “0-16, many moves, learned to be adaptable...” Other summarised statements could be “17-20, turned to academic achievement, discovered I like Science.” “20-25, felt lost, kept trying new things.”
Star key events, negative or positive lessons, turning points, and key people.

What were your turning points?

Do you see any patterns?

What lessons were you taught?

What feels complete for you? Unfinished?

What things energized you?

How have your values changed?

What does it look like you’ve been “in training” for?

What do you see your life has been heavily focused on?

What stands out?