

It's helpful to have an understanding of the key events that have shaped our lives. This exercise gives you a 'helicopter' view of the ups and downs that influenced you and your life path so far.

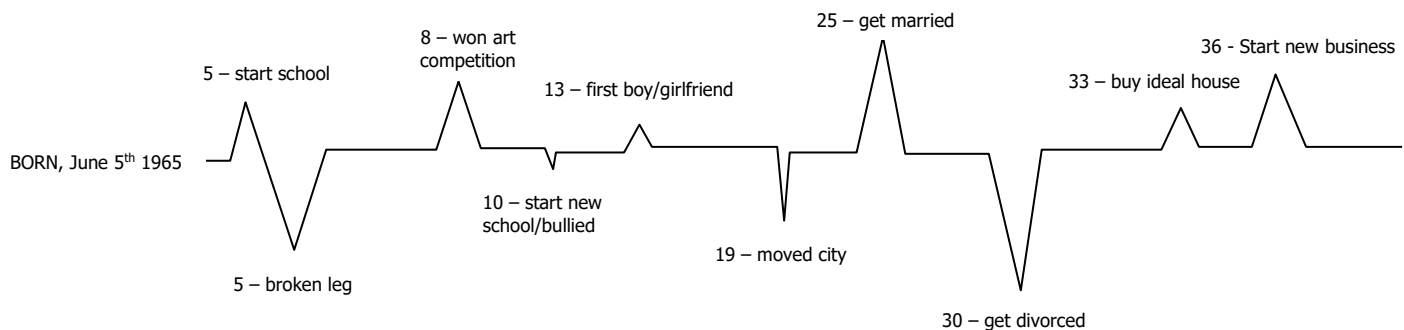
**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**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 of description and your age at each of the peaks and 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 was hard for you?
  - 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. Lastly, before answering the review questions in Step 2 below ask yourself, "What is needed to make my life-map more rounded and complete? What seemingly small event had a big impact on my 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.*



**INSTRUCTIONS STEP 2:** Once you've completed your life map, answer these questions to learn even more about yourself and discover what your life-map is telling you.

1. Imagine your life-map belongs to someone else. How do you feel about that person as you look at 'their' 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 and fears. Put pen to paper, then without thinking draw your anticipated peak and trough life experiences. Remember to add the age you anticipate these experiences to happen, and a short description as before.



**Draw Your Life Map and select a template below that works best. Start with your birthday and add today's date at the end.**

**Make segments every 5 or 10 years.**

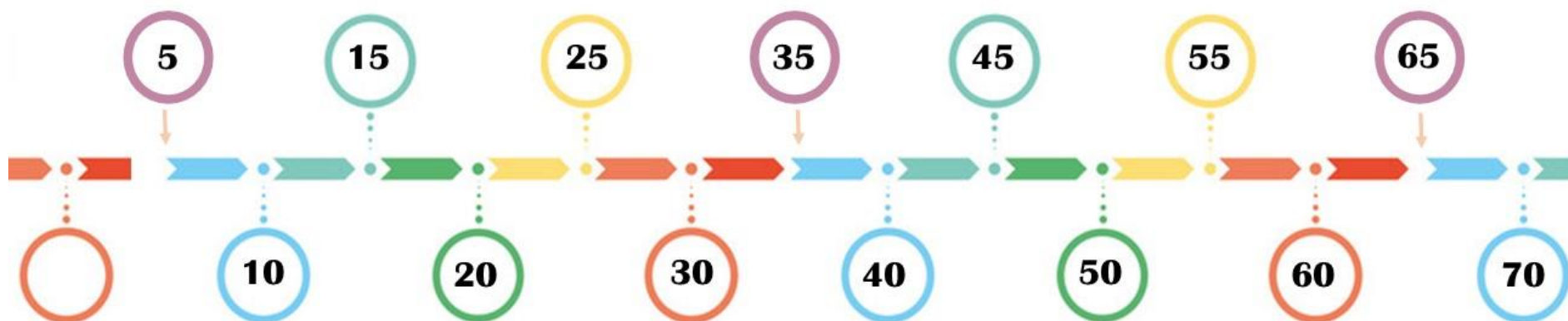
**Write the year or your age using our templates below.**

**You can even start by adding dots above or below the timeline of significant events. Then start drawing or linking the dots.**



**Born:**

**Todays  
Date:**



List some significant events below.

Place a dot on the map above the line, if it was positive (near the age number)

Put dot below the line, if negative.

Then connect the dots. The more significant the higher or lower the dot placement goes.

1. Start with your birthday
2. End with today's date

#### Memory Joggers

- Childhood events
- relationships
- School Events
- College / Graduation
- Marriage
- Children
- Divorce
- Health
- Loss - Jobs - moving – promotions . . .



Todays  
Date:

