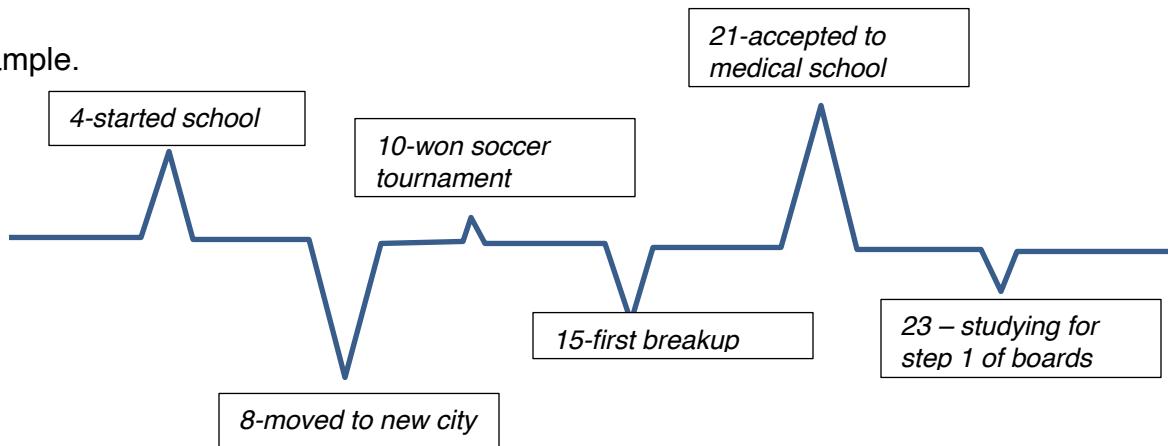


Your Life-Map

Instructions:

1. Note the key events that have shaped your life both negatively and positively.
2. Starting from birth on the left to the current day on the right, map the high points with peaks and the low points with valleys.
3. Write a few words describing your age and brief details of the event.
4. Think about: significant milestones, things you are proud of, interests you had early in life

Example.



Now, think about your life map and think about the values you notice reflected in your important events. Ask, what risks you took and when, how you overcame obstacles, what were the best and worst decisions for you?

What patterns can you recognize? What beliefs were formed at each of these key events?