

# Lifeline Exercise

## Directions

1. List the most impactful experiences that have shaped your life.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Examples could include significant or unexpected events, big changes (move, schools, jobs), family relationships, places you've traveled, relationships, traumas, losses, successes, failures, challenges, lessons learned, fears overcome, achievements, etc.*

2. Chart your experiences on your Lifeline.

Print the Lifeline template on following page or make your own on a separate sheet of paper. Place each experience in the order in which they happened. Place a dot either above the line if it was a happy or positive experience or below the line if it was a sad or difficult experience. Place them higher or lower depending on the intensity of the emotion at the time.

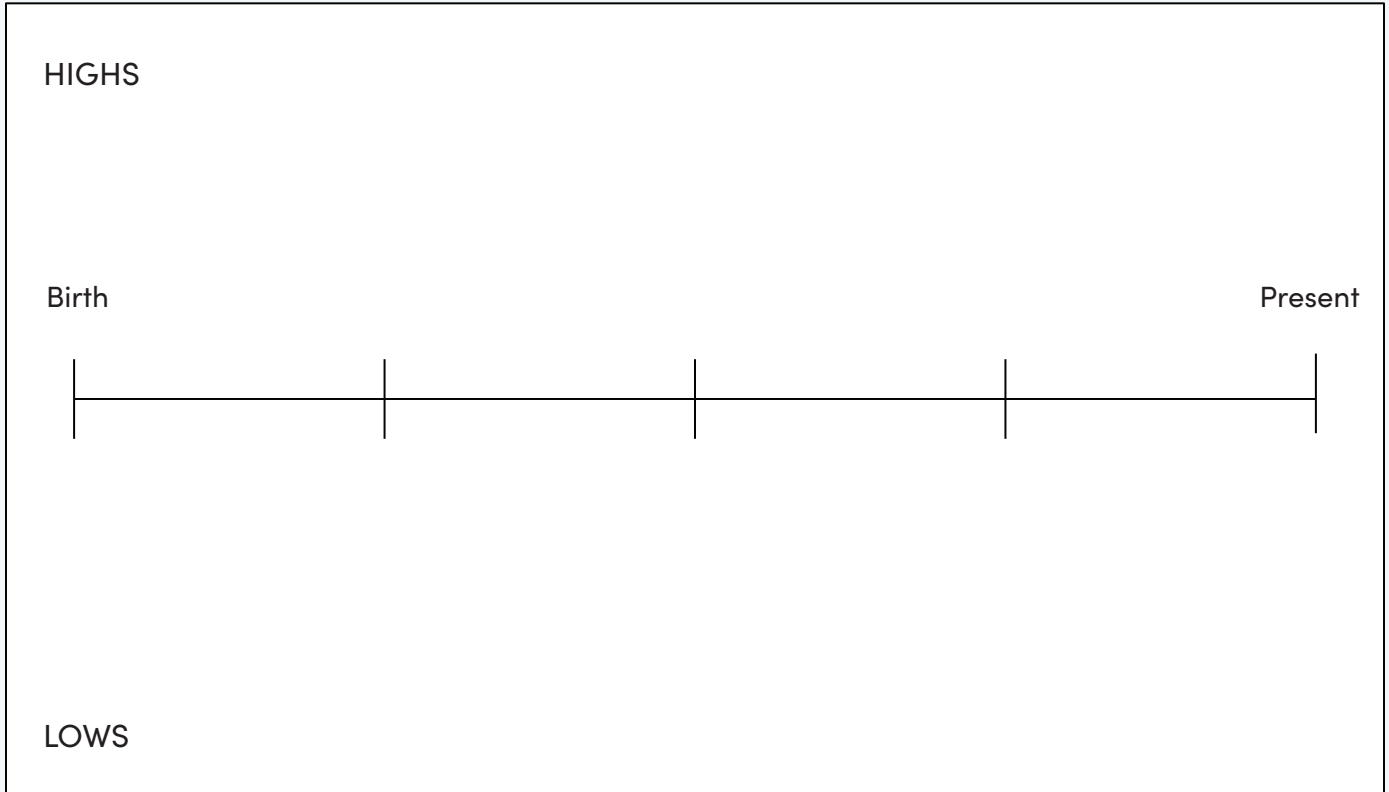
3. Connect the dots.

Now draw a line between the dots. Feel free to add notes, draw pictures, or embellish your lifeline, anything that makes it feel more personal.

4. Reflect on your Lifeline.

- What do you notice? Is there anything that surprises you?
- Are there any themes or patterns that emerged?
- What seems to be the experiences that have shaped you most? What have you learned about yourself?
- Are there any areas that are left unresolved? (ex. unreconciled relationships, areas that need repentance, areas that need forgiveness, etc.) What might be a next step toward resolving these things?

# Lifeline Template



# Sample Lifeline

