



Lifeline Exercise

Are you making the most of your life? What would life look like if you took all that you have learned to date into your new experiences?

This exercise will bring to your awareness some of the events that have influenced your personal development to date.

On the lifeline below plot major events. Academic and social achievements, work experiences, any other experience that come to your mind or those that have had a meaningful impact on your life. Positive experiences will be above the line, negative below the line.

Take a breath, focus and draw it with moments that come to mind immediately without thinking too much.

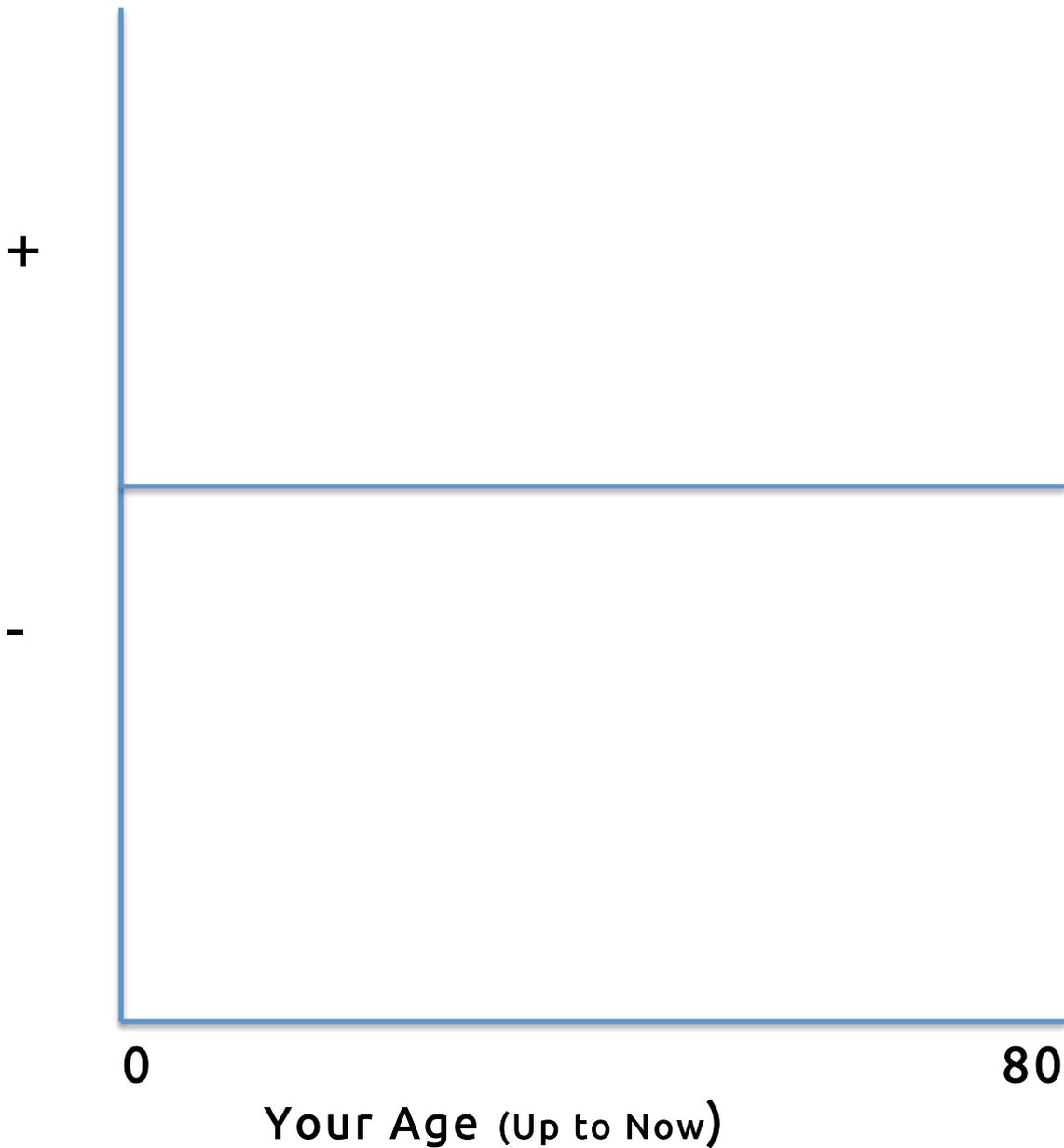
Try to complete your chart as quickly as you can, (5-10mins maximum). Without filtering, write down everything that comes to mind. Label the events as you plot them.

Once you have completed your chart below, answer the reflection questions on following page.



Your Lifeline

Your Experience (e.g. achievement, satisfaction, happiness, meaning)





Reflections on your lifeline

1. What insights emerge when you review your lifeline? (themes, behaviours, attitude, mind set)
2. Consider the times when you experienced being at the peak of your game in life and/or career (could be high energy, content, inspired, easy, effortless, happy, meaningful). Write these down.
3. Note your peak moments and describe what made it so positive. (Go back to that moment, what was happening? Use all your senses to describe these, what were you feeling, hearing, smelling, thinking, sensing)
4. Looking back now, at the low or negative moments, is there anything that you could have done differently?
5. What are the 3 key things that you take away from this exercise