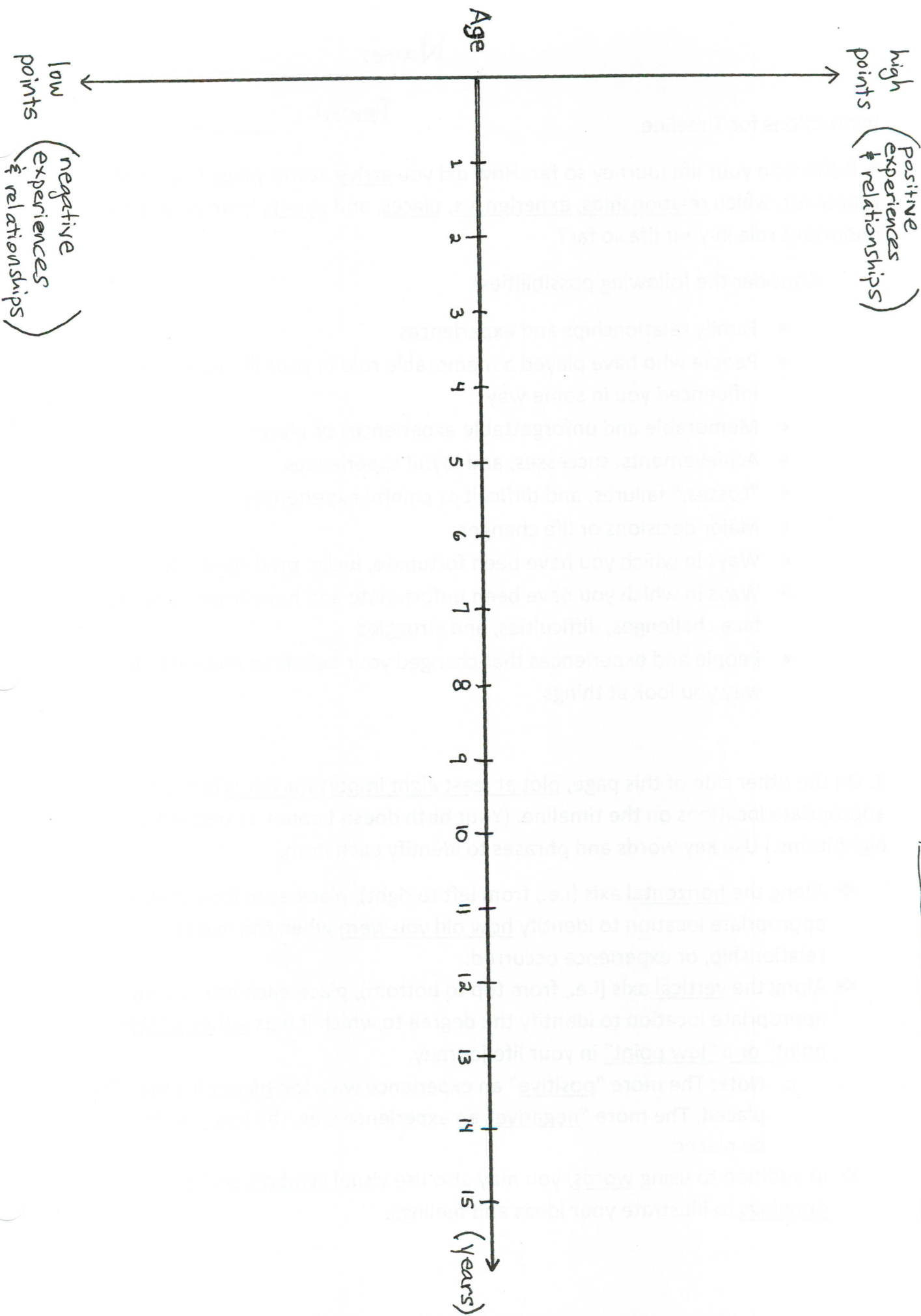


# Timeline of Your Life Journey

Name: \_\_\_\_\_



Name: \_\_\_\_\_

Period: \_\_\_\_\_

## Instructions for Timeline

1. Reflect on your life journey so far. How did you arrive at this place in your life? Moreover, which relationships, experiences, places, and events have played an important role in your life so far?

Consider the following possibilities:

- Family relationships and experiences
- People who have played a memorable role in your life or who have influenced you in some way
- Memorable and unforgettable experiences or places
- Achievements, successes, and joyful experiences
- "Losses," failures, and difficult or painful experiences
- Major decisions or life changes
- Ways in which you have been fortunate, lucky, privileged, etc.
- Ways in which you have been unfortunate and have been forced to face challenges, difficulties, and struggles
- People and experiences that changed your beliefs or changed the way you look at things

2. On the other side of this page, plot at least eight important items in their appropriate locations on the timeline. (Your birth doesn't count as one of the eight items.) Use key words and phrases to identify each item.

- ❖ Along the horizontal axis (i.e., from left to right), place each item in the appropriate location to identify how old you were when the event, relationship, or experience occurred.
- ❖ Along the vertical axis (i.e., from top to bottom), place each item in the appropriate location to identify the degree to which it was either a "high point" or a "low point" in your life journey.
  - Note: The more "positive" an experience was, the higher it should be placed. The more "negative" an experience was, the lower it should be placed.
- ❖ In addition to using words, you may also use visual symbols and/or drawings to illustrate your ideas and feelings.