



# THE LIFE MAP

The Life Map activity is designed to set the stage for us to go deeper into the various paths we've taken to be in this place today. Our life map reveals our core values and helps us better understand our goals, our successes and our missteps, and the choices we have made that intentionally, and often, unintentionally have determined our destiny.

## Pre-work

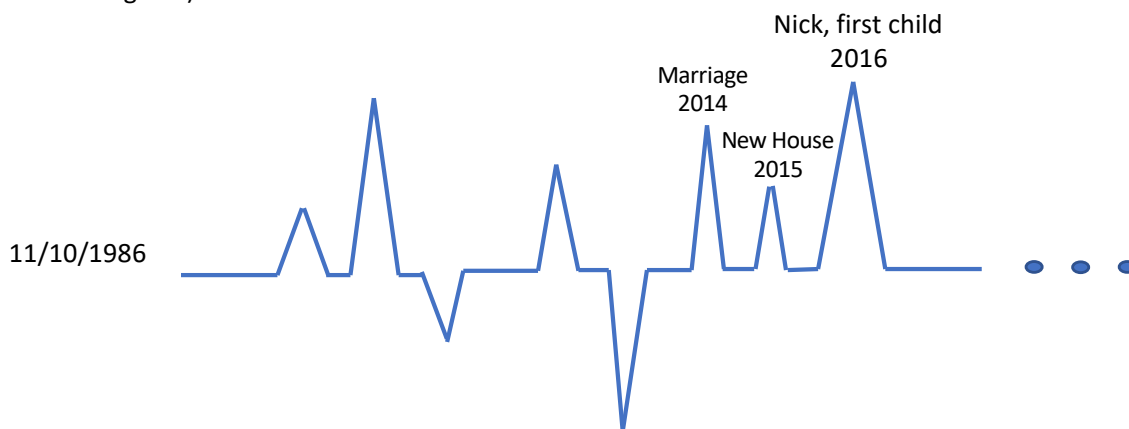
What are the significant events/milestones in your life to date?

What things have you done that you are proud of?

What were you interested in when you were a child?

**Phase I.** Using a space provided on the back of this handout,

- Record your birth on the left edge of the paper.
- Draw a timeline, from birth to the present, mapping the high points with peaks and the low points with valleys.
- Consider starting with the first experience/event that comes to mind as far back as you can remember and determine if you consider the memory a high-point for you, a time where something really significant was happening (i.e., a 'peak experience') or a low point (i.e., valleys). Then move to the next memory.
- Write a couple of words description and your age at each of the events (i.e. accomplishment, graduation, trauma, meeting etc.)



## Phase II.

Briefly share aspects of the timeline with the coach using the following reflective questions to pull the story together:

Who am I?

What circumstances have shaped who I am?

What guiding principles have I drawn from these experiences, which inform my core values now?

How did you overcome obstacles?

What would you change about your life map if you could?

What do you honor and want to preserve?

What patterns can you recognize?

What beliefs (about yourself, life, others) were formed at each key event/milestone?