

Plot your lifeline

Your lifeline is a visual representation of the key moments in your life, from birth to the present day. Sometimes we need to be reminded of everything we've achieved, of everything wonderful and magical that we have experienced, and also of all the setbacks, disappointments and failures we've overcome. It helps you to see, and then to understand and learn from the events that have impacted your life.

You will want to write both above and below the line. Everything above the line represents high-point experiences that brought you joy and fulfilment. Events you put below the line are low points (events that made you feel unhappy or challenged).



What if you could pool all the lessons and wisdom from your lifetime of experiences, both good and bad, and take them with you into the future? What would you do differently?

Are there any significant themes in your timeline? How do they relate to your attitude, habits, behaviour and mindset?

What (and who) helped you through your lows, and what (and who) supported you during your highs?

