

LIFE MAP

The Life Map is a map of your life
- a graphic timeline presentation
showing why you are you.

BIG MOMENTS



GOOD TIMES

DREAMS, ROLE MODELS,
INTERESTS



TOUGH TIMES

TURNING POINTS



PEOPLE, PLACES, CHORES

Plot the dots - was it a great year,
a so-so year or a bad year?

"Our first child"

This is the baseline - neutral: Life is OK - Not bad and not fantastic.

Note down some details - why was it great/terrible?

"Lost my job"

Enter the year you started in your work life
- Eg. 1990 and fill in the rest of the year's space
to fit or use as many pages as you need.

1990 1991 1994 1998

What were the learning moments in your life - the 'AHA' points?

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Year

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Year