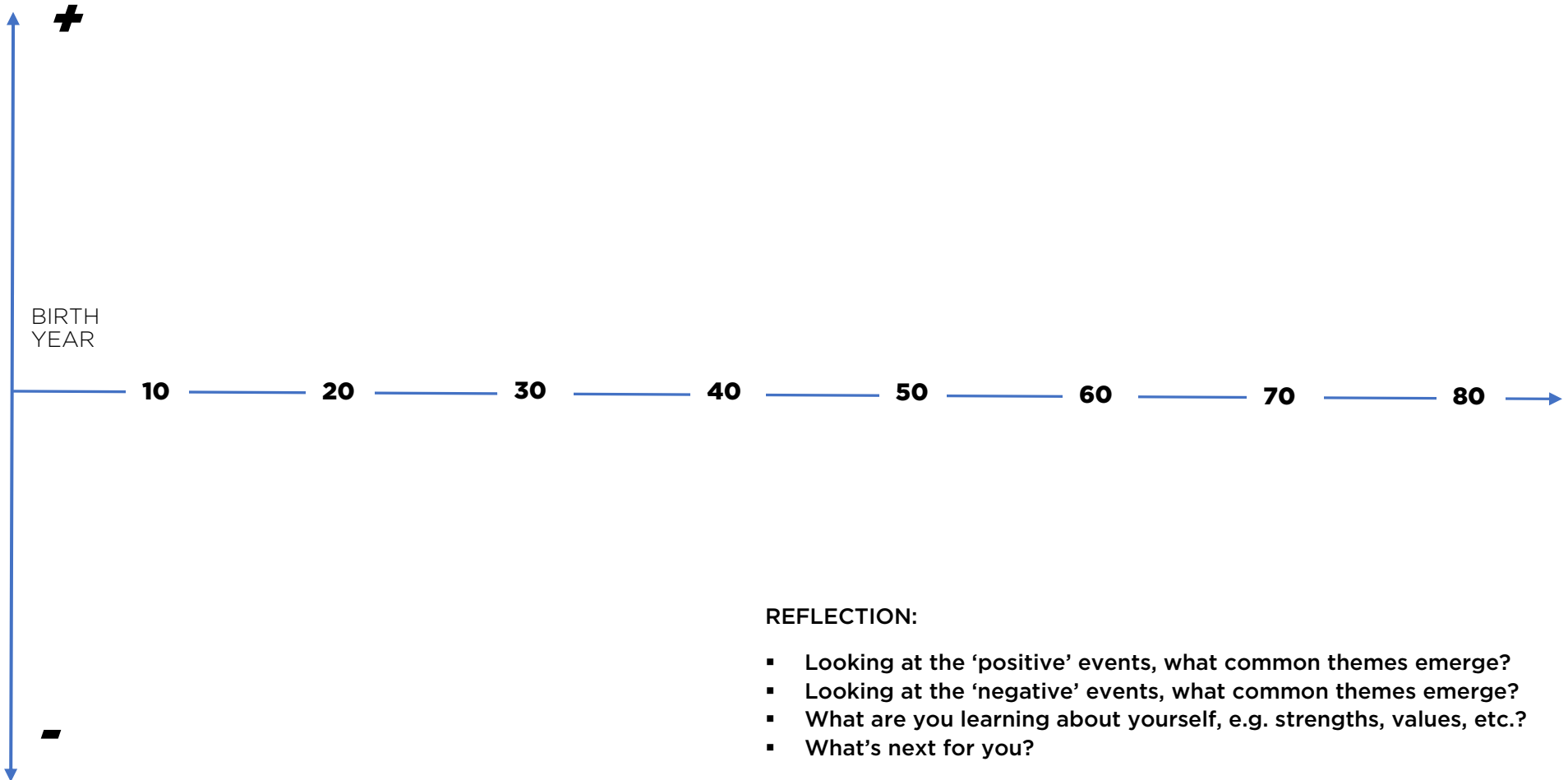


# My Lifeline

## DIRECTIONS:

1. Enter your birthdate
2. Estimate your age at death and mark with an X
3. Put a \* near your age today
4. Jot down major events, decisions, and turning points during your life. Put an X on the line and a word or two to remind you of that event and when it happened.
5. Events you see as positive can be marked above the line and note negative events below the line.



## REFLECTION:

- Looking at the 'positive' events, what common themes emerge?
- Looking at the 'negative' events, what common themes emerge?
- What are you learning about yourself, e.g. strengths, values, etc.?
- What's next for you?