

## Mapping Your Life Journey (Instructions)

Using the page provided (tape 2 pages together if a longer timeline is needed). List the key events that you believe have shaped your life — both the high points and low points along your journey.

Depending on your age, it may be easier to segment your life by decades or chapters (if you were to think of your life as a book).

- Write a short description (first job, Mom/Dad died, etc.) for each event and when they happened (year happened or your age at the time)
- Think of the highs and lows on a 10 point scale and place events higher or lower based on the significance of their impact (e.g., first child +10, divorced - 8, etc.) wherever it ranked for you.

Here are some questions that might help get you thinking?

- What are the significant milestones/events in your life to date?
- What are your achievements/things you have done and are proud of?
- When were you happiest?
- When have you been disappointed?

Now, identify these types of events in your life:

Defining Moments are those moments that set you on a course, or affected the trajectory of your life — for good or bad. There are all kinds of Defining Moments — receiving a scholarship or award that opened new opportunities. Getting married, becoming a parent, illness, tragedy.

Refining Moments are usually marked by some kind of significant change, often involving loss. Getting fired from a job, changing careers, divorce, death of a loved one.

Confining Moments are unique and more rare than Defining or Refining Moments. These are moments that radically altered your perception of yourself or some aspect of your life. Personally, one of mine occurred when a teacher said, "If you're gifted, I thank God I'm a jackass." That event sought to confine my understanding of my abilities and capabilities and haunted me for years.