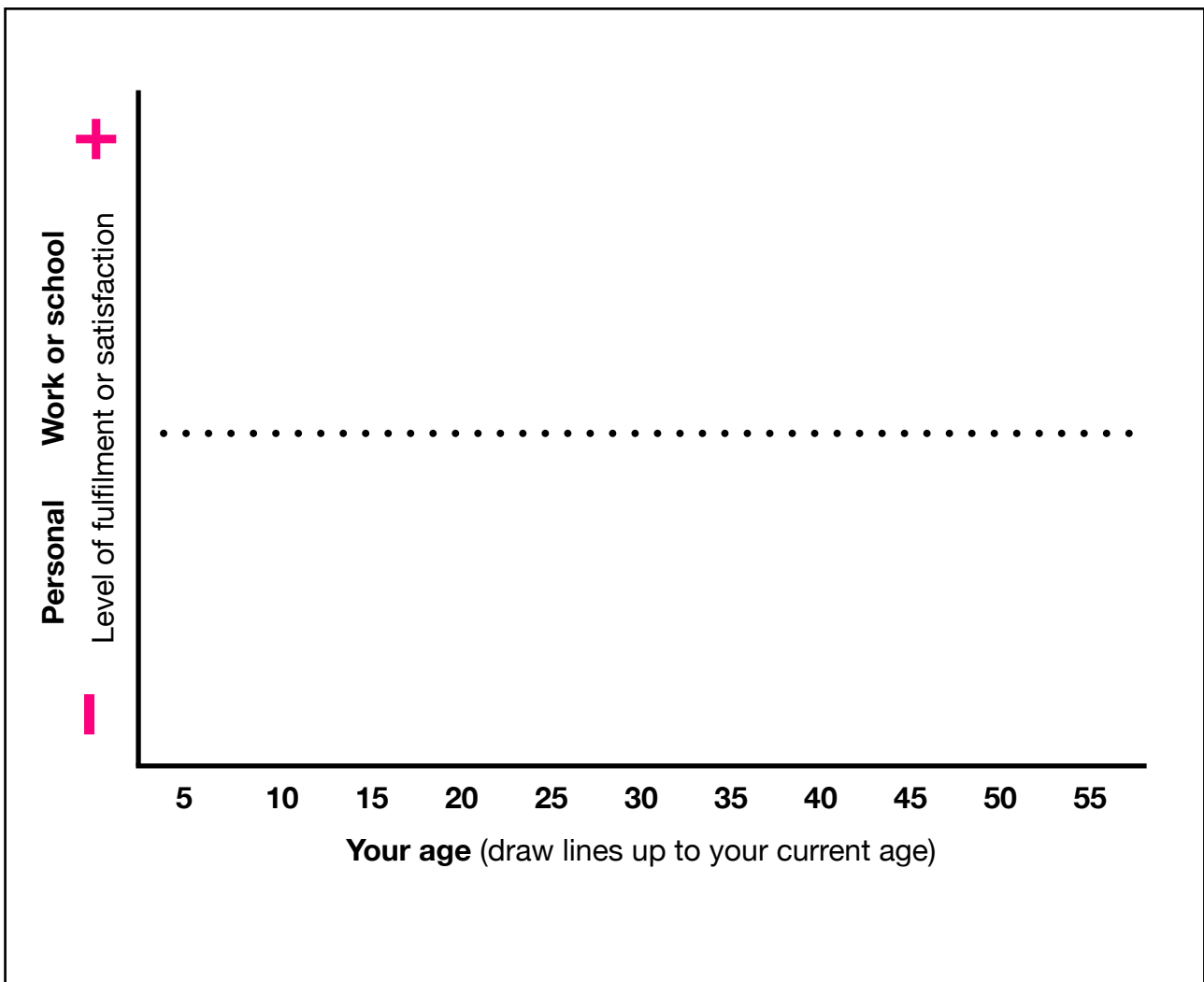


Lifeline exercise

1. Choose two different pen or marker colours for this exercise.
2. Use one colour to represent your "Personal" lifeline and another colour to represent "Work or school" lifeline.
3. Reflect on your life starting back as far as you can remember and draw two separate lifelines — one to represent your level of satisfaction with your "Work or school" life and another to represent your "Personal" life (see example on page 3).
4. The scale can be as high or as low as you wish to define it.
5. Complete your lifeline chart in 5 minutes or less. Do not over-think this exercise.
6. Once you have completed your chart below, answer the Lifeline Exercise reflection questions on the following page. Write anything that comes to mind. There are no wrong answers.



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Reflect on your "Personal" and "Work or school" lifelines

1. What underlying themes or insights emerge when you consider your lifelines?
2. What important lessons do you recall?
3. When have you experienced being "in the flow" (times where you felt life and/or career was highly energized, meaningful, inspired, and/or effortless)?
4. At the high points, describe what made it so positive.
5. At the low points, what actions did you take to make things better?
6. At times when things were turning down, what might you have done differently to address the situation?

Questions for the Lifelines Exercise

1. Constants – is there something that is there all of the time, e.g. a personal quality?
2. Is there something about you that appears from time to time?
3. What skills and abilities did you use in order to move out of the 'lows' and to progress?
4. What patterns are emerging?
5. How do you feel about these patterns? Are they:
 - weaker/lessening or
 - stronger/increasing or
 - useful/not useful?
6. How would you like them to be?
7. What's still unfinished or your next task?
8. Looking back over your life experiences, what skill/qualities/abilities have you gained?

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Example lifeline

