

MY LIFE, MY LINE 9:03

"Your life is a blank canvas, and every moment is an opportunity to create something beautiful." – Unknown

Mark Key Events

This line represents your life journey from birth to the present day.

Above the line, mark significant positive moments in your life (e.g., achievements, special memories, personal milestones).

Below the line, mark challenging or difficult moments (e.g., setbacks, losses, obstacles). Label these events with a few words or phrases.

Start



Finish



MY LIFE, MY LINE

Patterns

Once you've mapped out your key moments, reflect on any patterns or themes that stand out.

What were the pivotal moments that shaped who you are today?

How did you overcome challenges, and what did you learn from them?

Which moments brought you the most fulfillment or joy?

Reflections

Take a few minutes to reflect on your lifeline. Write down any insights you gained about your past, present, and future.

How have your past experiences shaped your current direction? What adjustments do you want to make to align your future path with your personal vision?