

THE EXERCISE

My Life, My 9:03 Line

Most of us move through the years without ever stopping to map them. We know certain moments changed us: a loss, a decision, a conversation that landed differently than expected, a morning we never forgot. But we've never looked across the whole line and asked what those moments were actually asking of us.

That's what this exercise is for.

Your 9:03 moments aren't just the big, obvious ones. They're the inflection points that quietly shifted your direction: some joyful and expansive, some difficult and grounding, some so small you almost missed them. Mapped together, they tell you something the day-to-day never will: not just where you've been, but what you've been moving toward.

MARK YOUR MOMENTS

Above the line — the elevated ones:

joy, achievement, connection, pride, insight, periods of momentum and alignment.

Below the line — the grounding ones:

challenge, loss, failure, discomfort, uncertainty, experiences that forced reflection and growth.

There's no right number and no hierarchy. Often, the moments that felt hardest at the time shaped us most.

Move slowly. This isn't about evaluating your life. It's about noticing the moments that quietly guided you here.

AFTER YOU DRAW IT

Reflect on What You See

“We do not learn from experience... we learn from reflecting on experience.”

— John Dewey

Look at the line you just drew. Sit with it before you answer anything.

What moments stand out most?

Which ones surprised you by showing up, things you hadn't thought about in years?

What did the hard moments ask of you?

What did they cost you, and what did they quietly give you?

Who or what showed up for you in the difficult stretches?

What did that support make possible that you couldn't have found alone?

Which memories do you want more of?

What do they reveal about what actually matters to you, not what you think should matter, but what does?

What does this line reveal about where you are right now?

What needs to be honored, released, or carried forward?

And finally: what if the next 9:03 moment isn't one that finds you, but one you create?

MARK YOUR MOMENTS ABOVE AND BELOW THE LINE

ABOVE THE LINE

BELOW THE LINE

NOW →