



## Your Life-Map

As your coach, it is helpful for us both to have an understanding of the key events that have shaped your life.

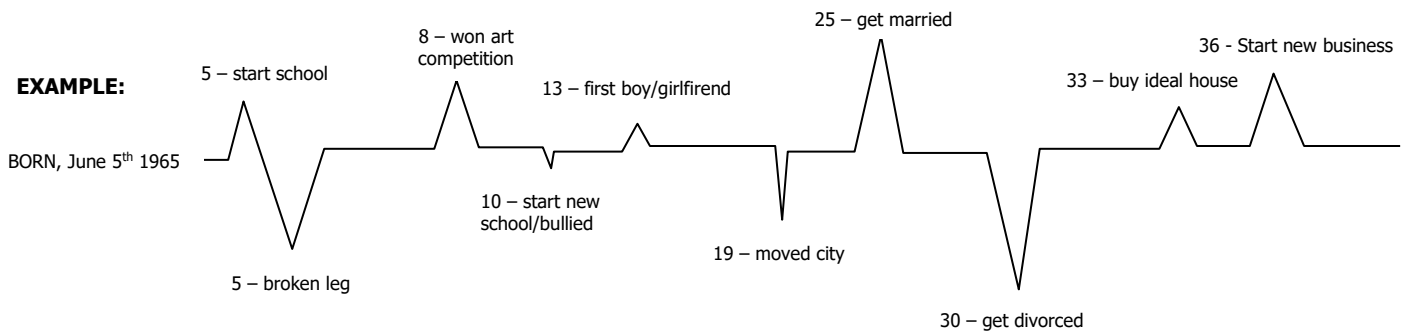
**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**INSTRUCTIONS STEP 1:** Note the key events that you feel have shaped your life - both negatively and positively.

1. Record your birth on the left-edge of the paper
2. Draw a continuous line mapping your life from the past into the future, mapping the high points with peaks and the low points with valleys
3. Write a couple of words description and your age at each of the peaks & troughs (eg. moved city, university, graduated, parents divorced etc).
4. If it helps, here are some questions you can answer along the way:
  - What are the significant milestones/events in your life to date?
  - What are your achievements/things you have done and are proud of? (big and small, from childhood onwards)
  - What were you interested in as a child/what were your childhood passions?
  - What do I need to include to make my life-map more rounded and complete? This can be a large or even a seemingly small event – it's about the impact the event had on you and your life!

*NB. This exercise is meant to be completed quickly – just turn over, start drawing the line and see where it takes you!*



**INSTRUCTIONS STEP 2:** This is about learning about yourself and noticing what your life-map is telling you.

1. Imagine your life-map belongs to someone else. How do you feel about that person when you look at the life-map?
2. What values do you notice reflected in the important events?
3. When/what risks did you take?
4. How did you overcome obstacles?
5. When/what were the best decisions for you and why?
6. When/what were the worst decisions for you and why?
7. What would you change about your life-map if you could?
8. Do you recognize any patterns?
9. How might you be holding onto the past?
10. Where are you going in the future?

**If you need any advice or a coaching session, please register using the link below-**

<http://innerpeacelife.com/join-us/>