

PERSONAL EVENTS

Brainstorm a list here of the greatest things, people, experiences, incidents, that have happened to you thus far in your life.

Brainstorm a list here of the worst/most difficult things, people, experiences, incidents, obstacles, challenges, conflicts you have thus far faced in your life.

- traveling
 - cross words
 - family
 - lasting friendships
 - dancing
 - becoming a teacher
 - chocolate
 - skiing
 - camp
- TAVIS
 - CHEESE!
 - learning - spanish / italian
 - becoming friends w/ mom
 - reconciling w/ dad.
 - My nieces + nephews #Kidz
 - discovering great authors
 - TV: Ally McBeal etc...
 - cottage family time
- buying a house
dreaming
MEESS

- concussion
 - depression
 - chronic pain
 - death + loss
 - betrayal + heartache
 - expectations
 - stress management
 - body image
- the Bachelor
 - buying a house \$\$\$
 - fear + insecurity
 - dropping out of univ.
 - taking 3 yrs to get into teachers college
 - finishing PhD or not
 - obligations
 - / my nature (aargh)

NEWS EVENTS

Brainstorm a list here of the positive news events that had an impact on you. Start by the ones you can actually remember, and then look up 'in this year in history' type sites to help you remember.

Brainstorm a list here of the negative news events that had an impact on you. Start by the ones you can actually remember, and then look up 'in this year in history' type sites to help you remember.

- Obama
 - Trudeau (s)
 - positive psychology
 - Oprah
 - texting !!
 - Pink, Clinton, other badass women
 - Bananagrams! individualized Scrabble
- Pop culture
- TV - + some great shows
 - music - Pearl Jam, Javis, Blue Kodes, Sade - the 80s etc.
 - Keanu Reeves + Tom Cruise + Julia Roberts
 - my life in film, TV, + books

- 9/11, ISIS, etc.
- Trump
- Harper
- globalization
- terrorism / fear mongering
- facebook culture
- Kardashians, Paris Hilton, Lohan et al.
- Ice storm
- reasonable accommodation +
- recession

LIFE GRAPH

Select only the most impactful / relevant events and experiences from your brainstorm, and then graph them according to year and severity of impact on you 1 = minimal and 5 = maximal



LIFE GRAPH part deux : FINDING PATTERNS

Use different colour highlighters to review your life graph and identify patterns in the events you have chosen. For example use yellow to highlight all things is social media / ICT. You are looking at your own graph and finding your own patterns. After doing this for both news and personal events, label that category of events and put those labels or patterns in this section.

PATTERNS IN NEWS EVENTS	PATTERNS IN LIFE EVENTS
<ul style="list-style-type: none"> █ Revolution / upheaval █ ICT / pop / celebrity culture / clickbait █ violence █ disasters ↳ natural, economic, political 	<ul style="list-style-type: none"> █ Travel █ Friends + Family █ health + well being █ Dream fulfillment (5 yr plan) █ career

Now look at each pattern. Choose the 3 most significant ones to your life, and name the positive and negative impact of this pattern on both you and society / culture as a whole

<p>1. Revolution / upheaval</p> <ul style="list-style-type: none"> + independence, social justice, civil rights - can bring out worst - racism, intolerance 	<p>1. TRAVEL</p> <ul style="list-style-type: none"> + freedom, self accept / renewal - miss stuff, \$\$\$, re-entry.
<p>2. ICT / privacy / soc. media</p> <p><small>culture & fame</small></p> <ul style="list-style-type: none"> + imm. communication / freedom of ideas - self-perfection / voyeurism - self-indulgent / narcissistic / no privacy 	<p>2. Friends + Family</p> <ul style="list-style-type: none"> + acceptance / uncond-love. - let/down, expectations, grief, loss
<p>3. Violence / Horror / Fear.</p> <ul style="list-style-type: none"> + increase determination to protect our values ↳ ↑ in openness, compassion, diversity - can lead to insular / isolationist mentality zealotry, negative pol. rhetoric 	<p>3. Health + Wellbeing</p> <ul style="list-style-type: none"> + enlightenment, spiritual growth - chronic, keeps happening (ouch)

Now have a look at these pros and cons, and try to think of the values and beliefs, fears and insecurities, the ideology and ethos, that you feel you have developed because of them. List these here.

<ul style="list-style-type: none"> - freedom of speech, religion, ideals even if diff. - thinking, ideas, free press - independence, revolution, self-determination - critical thought + democracy = active citizenship - double down on compassion Love = Love. - led by example of Obama v. Trump - civil rights but not mob mentality - temper w/ facts → #1 hate entertainment in the history & can't be reasoned. 	<ul style="list-style-type: none"> - independence, personal freedom - \$\$\$ karmic lesson - self-reliance - reflection + spirituality - karmic understanding - god-setting + dreams - self-improvement, learning + growth - grief + loss vs love + growth + acceptance - grace, optimism, knowledge is power - fight for self + others.
--	--