

## LIFE GRAPH

**STEP 1.** Brainstorm a list (21) of the greatest things, people, experiences, incidents, opportunities that have happened to you thus far in your life.

Brainstorm a list (17) of the worst or most difficult things, people, conflicts, experiences, incidents, obstacles, challenges you have faced so far in your life.

**STEP 2.** PLOT THESE on the back side of this sheet – the actual LIFE GRAPH according to instructions.

**STEP 3.** On the LIFE GRAPH, use different colour highlighters to review your plotted events and identify PATTERNS in the events you have chosen. For example, use yellow to highlight all things social media, blue for loss, red for travel, etc.

**STEP 4.** List those CATEGORIES here. Example: Travel, Loss, Creativity..

**STEP 5. PROS & CONS.** Look at each category. Choose the 3 most significant ones to your life, list them on the left below. On the right below, name the positive and negative impacts of this category on you. What have you learned?

1. \_\_\_\_\_ + \_\_\_\_\_

\_\_\_\_\_ - \_\_\_\_\_

2. \_\_\_\_\_ + \_\_\_\_\_

\_\_\_\_\_ - \_\_\_\_\_

3. \_\_\_\_\_ + \_\_\_\_\_

\_\_\_\_\_ - \_\_\_\_\_

**STEP 6.** 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. FOCUS on how you FEEL, what QUALITIES you have developed because of these experiences, what have the EFFECTS been in your life.

**STEP 7. NOW** look over these effects, qualities and so on and CHOOSE 3 MAIN characteristics, ideas, feelings, that make up your character, for better or worse. These are the main driving patterns in your life so far.

# 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

