

## Your Personal Lifeline

This exercise is adapted, with permission, from *Terrific Training Techniques for Career Development Practitioners* by Judy Kaplan Baron, Ph.D. (1998)

Think about your life and in particular those turning points (high and low) which have shaped it. Turning points can include school experiences, births, deaths, illnesses, milestones, travel experiences, job changes, relocations, etc. On the horizontal line below, create your lifeline by placing dots along the line to signify important experiences. Place high points above the line and low points below the line in the areas that correspond to the intensity of the experience. You may want to make notes alongside to describe the experiences.

Birth

Today

Now put a + at the point of the best decision you've ever made.

Put a - to signify the worst decision you've made.

Place a ! where you took the greatest risk of your life.

Use 0 to identify a critical decision that was made for you by someone else.

- How many of the actions that shaped your lifeline resulted from choices you made, and how many were from choices others made for you?
- How many of the decisions you have made were made by taking the "path of least resistance"?
- What things just happened to you, without you consciously making a decision?
- What things, if any, did you do simply because they were expected of you?
- What patterns, if any, do you notice?