

## Creating a Life Map

1. Draw a timeline from birth to the present on a piece of paper.
2. Divide the timeline into 5 or 10 year sections and place the year/your age at each of those markers.
3. Identify life events that you believe had a significant impact in your life, both difficult and pleasant. Examples are:
  - a. Marriages, births, adoptions, deaths, divorces, break ups involving you or anyone in your family/close friendship circle
  - b. School graduations, events and opportunities
  - c. Illnesses or diagnosis for you or family/close friends; treatments and outcomes
  - d. Spiritual experiences/mission trips/service
  - e. Jobs or volunteer experiences
  - f. Times or moments when you felt like “all was well with your world”
  - g. Exciting risks/challenges you stepped into

Be as creative and colorful as you like. You can draw pictures, use magazine pictures or symbols that represent moments on your timeline. Invite Jesus to join you in creating your Live Map. HAVE FUN and listen to your heart with your Wise Mind.