

Your lifeline

Many people find it helpful to look back on their experiences in order to think about what their priorities are and what they want from life. Producing a lifeline helps to give shape to the past rather than see it as a confusing jumble of events and experiences. This can be the first step towards considering the future and moving forward.

1. Starting from early high school to present day, plot key experiences on the chart (volunteering, paid work, travel, notable classes or courses, sport) and underneath, 2 pieces of information for each – something you liked, and something you didn't.
2. Include *at least* 5 to 7 experiences.
3. Do these experiences have anything in common?
4. Think about what happened and how you felt. What does this say about you and how might it affect your future decisions?



Experience you liked	Experience you didn't like
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Look in first, then out.

What do you do in your spare time?

How would your friends describe you?

What are you good at?

What do you avoid if you can?

What do people ask you for help with?

What are you studying? Why did you pick that program?