

2. Lifeline - your past as a key to your future

This exercise is useful to reflect on our formative influences - people and events, past changes we have experienced (past and recent transitions) and how our lives move on. This can be helpful to value ourselves now and to be more confident and aware in current and future transitions. We cannot change the past. But we have choices about how we let it influence and inspire our future.

Instructions

- Above the chart write your date of birth and today's date.
- Below the chart make a scale for your age in 5 or 10 year intervals.
- Note good times or events above the chart and difficult times below it.
- Draw a line like a temperature chart to reflect your life to date and a few months ahead.

Notes about good times and events

Date of birth
...../...../.....

Years →

Today's date
...../...../.....

↓

Good times

OK

Distress

Age scale 0

... now

Difficult times or events

- What key events happened before the low points?
- What turning points led to new highs?
- You can draw a similar chart on a larger scale for the last two years.

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