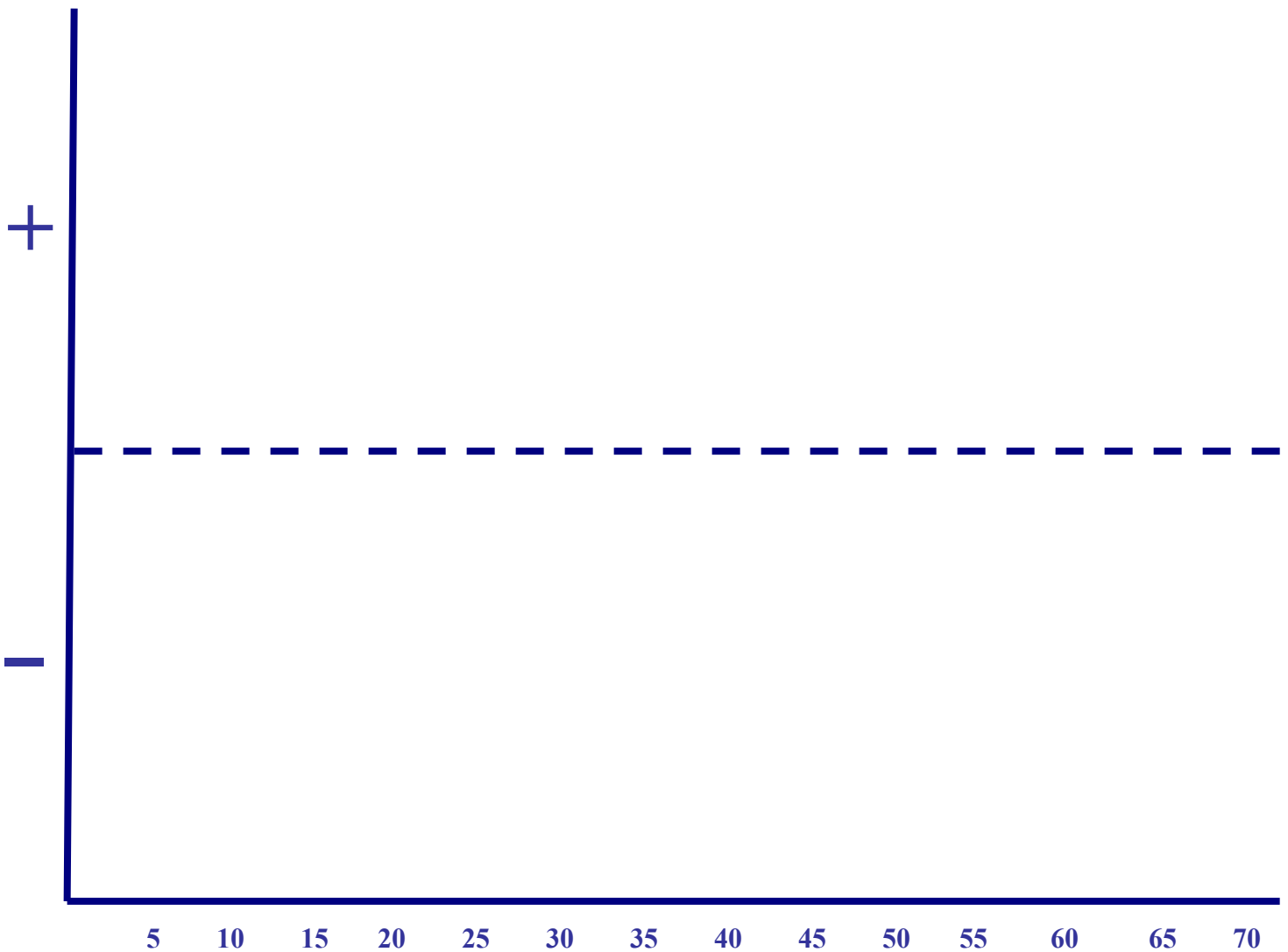


Lifeline Exercise

- Choose two different pen or marker colors for this exercise.
- Use one color to represent your “Personal” Lifeline and another color to represent “Work/School” lifeline.
- Reflect on your life starting back as far as you can remember and draw two separate lifelines — one to represent your level of satisfaction with your “Work/School” life and another to represent your “Personal” life (See example on p. 3).
- The scale can be as high or as low as you wish to define it.
- Complete your Lifeline chart in 5 minutes or less. Do not over-think this exercise.
- Once you have completed your chart below, answer the Lifeline Exercise reflection questions on following page. Write anything that comes to mind. There are no wrong answers.

Personal	
Work / School	
(choose your own colors)	

Level of Fulfillment /
Satisfaction



Your Age
(Draw your Lifelines only up to your current age)



Lifeline Exercise

Reflect on your “Personal” and “Work/School” Lifelines...

1. What underlying themes or insights emerge when you consider your lifelines?
2. What important lessons do you recall?
3. When have you experienced being “in the flow” (times where you felt life and/or career was highly energized, meaningful, inspired, and/or effortless)?
4. At the high points, describe what made it so positive.
5. At the low points, what actions did you take to make things better?
6. At times when things were turning down, what might you have done differently to address the situation?

Lifeline Exercise

- EXAMPLE -

Personal	
Work / School	
(choose your own colors)	

Level of Fulfillment /
Satisfaction

