



# Find Your Place

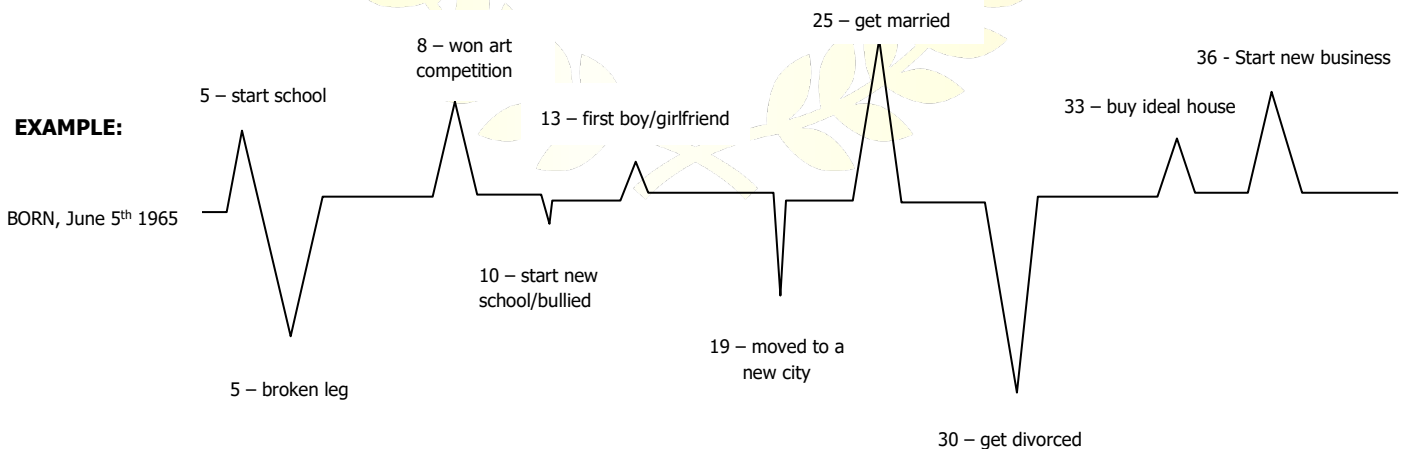
## YOUR LIFE MAP

As your coach, it is helpful for us both to understand the key events that have shaped your life.

**INSTRUCTIONS STEP 1:** Note the key events that you feel have shaped your life - both negatively and positively.

1. Record your birth on the left-edge of the paper
2. Draw a continuous line mapping your life from the past into the future, mapping the high points with peaks and the low points with valleys
3. Write a couple of words description and your age at each of the peaks & troughs (eg. moved to a new city, university, graduated, parents divorced etc).
4. If it helps, here are some questions you can answer along the way:
  - What are the significant milestones/events in your life to date?
  - What are your achievements/things you have done and are proud of? (big and small, from childhood onwards)
  - What were you interested in as a child/what were your childhood passions?
  - What do I need to include to make my life-map more rounded and complete? This can be a large or even a seemingly small event – it's about the impact the event had on you and your life!

*This exercise is meant to be completed quickly – just turn over, start drawing the line and see where it takes you!*





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