My Story—My Life Map

You are your story. It contains plots, characters, and themes. This exercise is an opportunity for you to become more conscious of your story and create a map of personal changes and transitions that you have experienced so far. Becoming more conscious of your story can help you become, more clearly, the author of your future.

Instructions: Utilize blank paper and markers to draw a timeline (or continuum) that reflects the story of your life beginning with your years in elementary school to the age you are now. In thinking about your past, please think about the basic contours of your life story. How does your story go? Use the age line in the middle to guide your story from past to present, moving from left to right, ending with today.

What went well and reached a “peak”? Reflect your accomplishments, happiest moments, personal peaks from elementary school to present. What did not go well and where did you hit a “valley”? Include activities that you have been involved with that have impacted your life.

Be sure to put a date on each peak and valley so you can recount your story. When you are done, insert vertical lines to indicate the chapters of your life.

THE CHAPTERS OF YOUR LIFE

PEAKS    PEAKS    PEAKS    PEAKS

Beginning /Year → → → → Today’s Date/Year

VALLEYS    VALLEYS    VALLEYS    VALLEYS

THE TRANSITIONS OF YOUR LIFE