

My LIFELINE

Use the below to draw out your life. Starting with your birth date and today's date on your lifeline, you should then highlight important life events and transitions, personal high points, and times of when you have struggled. Focus on the emotions you felt and subsequently the emotions you feel now as you recall these life events

My Lifeline

BIRTH DATE

TODAY

The diagram shows a vertical line with 15 horizontal tick marks. The top tick mark is labeled 'BIRTH DATE' and the bottom tick mark is labeled 'TODAY'. The text 'My Lifeline' is written vertically along the left side of the line.