

Life-Mapping

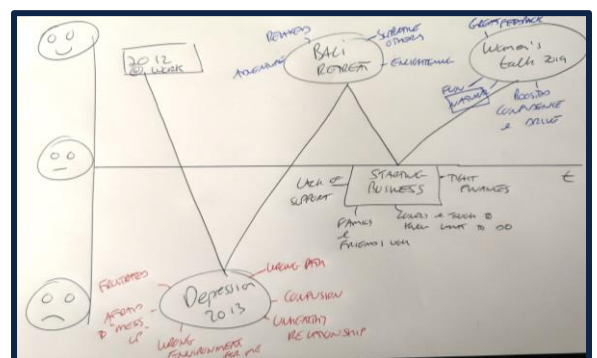
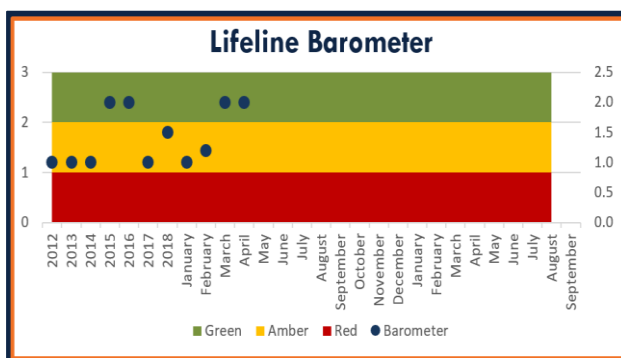
Your life so far...

What was your life like in the past? Perhaps you've spent time reminiscing about better times or stressing over the bad times?

Try this exercise which will help you to reflect on your past. Once you have had a go at this exercise, you will have a clear image of where life was best and worst for you and you can start to make changes for a better life.

- Mapping out what your life has been like for you over the years **gives you a baseline** to work from as you look to identify a better way for you in future.
- As with diagnosing anything, it's **vital** to have a sense of where you're **starting from**. Like learning a new skill, you need to know what your current level of competence or knowledge or skill is so that you know **the size of the task ahead** of you to improve.
- This is your **starting point** to focusing and digging deeper on what the **causes** of those good and bad times were.
- Score however you want. Use whatever timeframe makes sense to you and capture either years or specific events.
- Write down as much as you can remember about what contributed to the score you gave to each year/ event.

For me this exercise was a useful reminder of a couple of things. Firstly, that although there were definitely some tough times in my past, there were also a lot of good times and this helped me to be more optimistic. Secondly it forced me to be realistic about how my life was and focus on the times and events where I could learn most about what I could change for the better.



Look back at where you've been before.



