

Life Map Exercise

A Life Map is a great visual tool for preparing to tell your life story to others. It helps you to identify the high, low, and in-between points in your life and to think through the significance of those events in your story.

On a large piece of paper create a timeline marked with the most important events of your life. Start with where you're originally from and the family you grew up in and go until the present. You may represent each event with a drawing or simply write a word or two that describes it. Consider including:

- Influential people
- Places you've lived (i.e., geographic locations, houses lived in, etc.)
- Family life - How did your parent's marriage impact you?
- Significant events
- Education, jobs, hobbies and interests
- Religious background
- Successes & joy - What has delighted you the most in your life?
- Failures & sorrow - What has disappointed you the most in your life? What have been your deepest hurt(s) and disappointments?

Take time to create your Life Map and come back next week prepared to share it with your group. Plan to keep it under 20 minutes. Some people will take 2 minutes; some will take 20 minutes. Share as much as you feel comfortable, but know that your group is a place where you can share and no one is going to judge you. What happens in group stays in group. Confidentiality is a must when it comes to sharing our hearts with each other. As you listen to other's Life Maps, feel free to interject questions along the way to help you get to know them better.