
MY LIFE MAP EXERCISE

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

THIS EXERCISE CONTAINS:

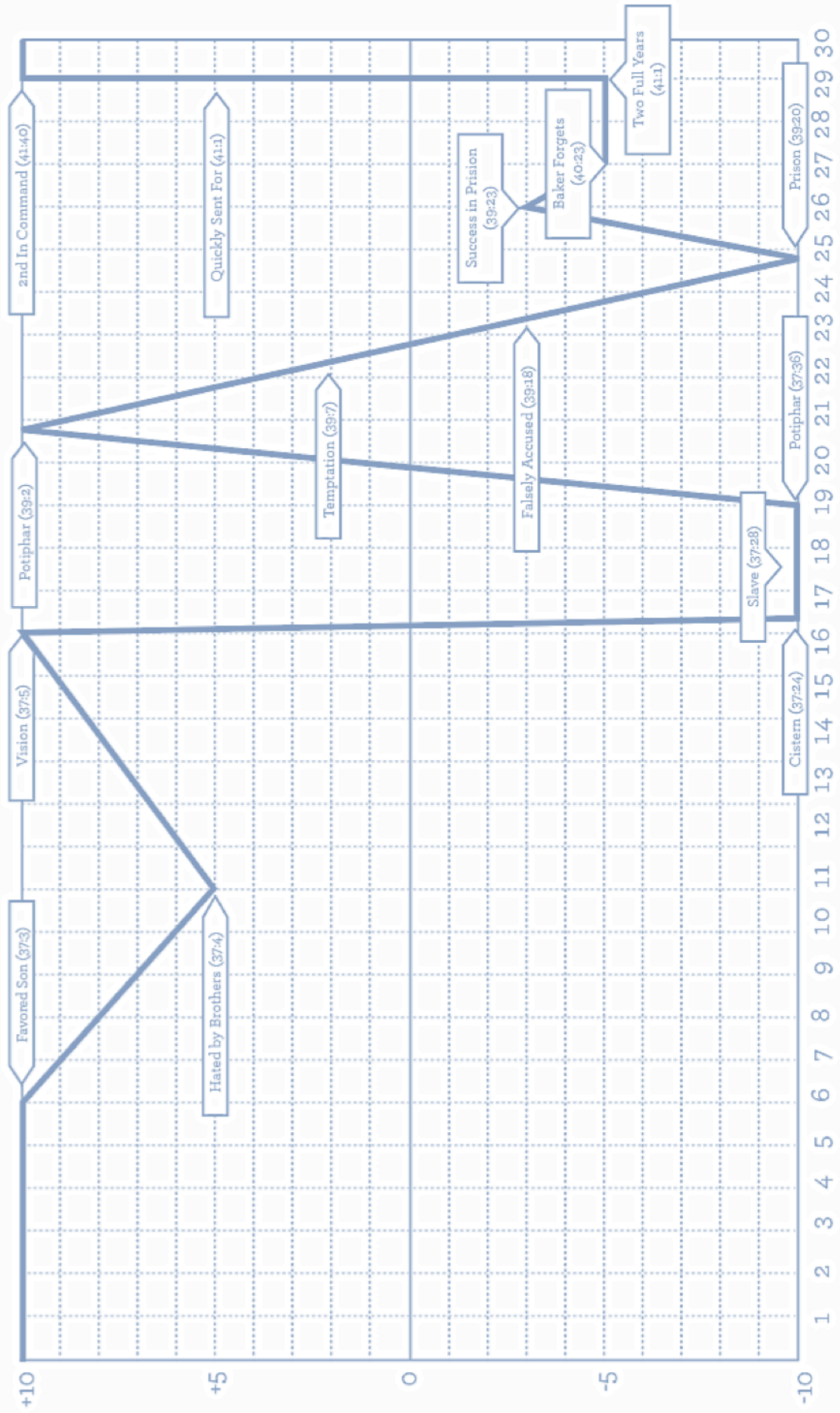
- A sample Life Map based on the life of Joseph found in the Book of Genesis
- A blank Life Map for you to fill out
- Places for you to list the high points, low points, heroes, and defining moments of your life

TO USE THE LIFE MAP:

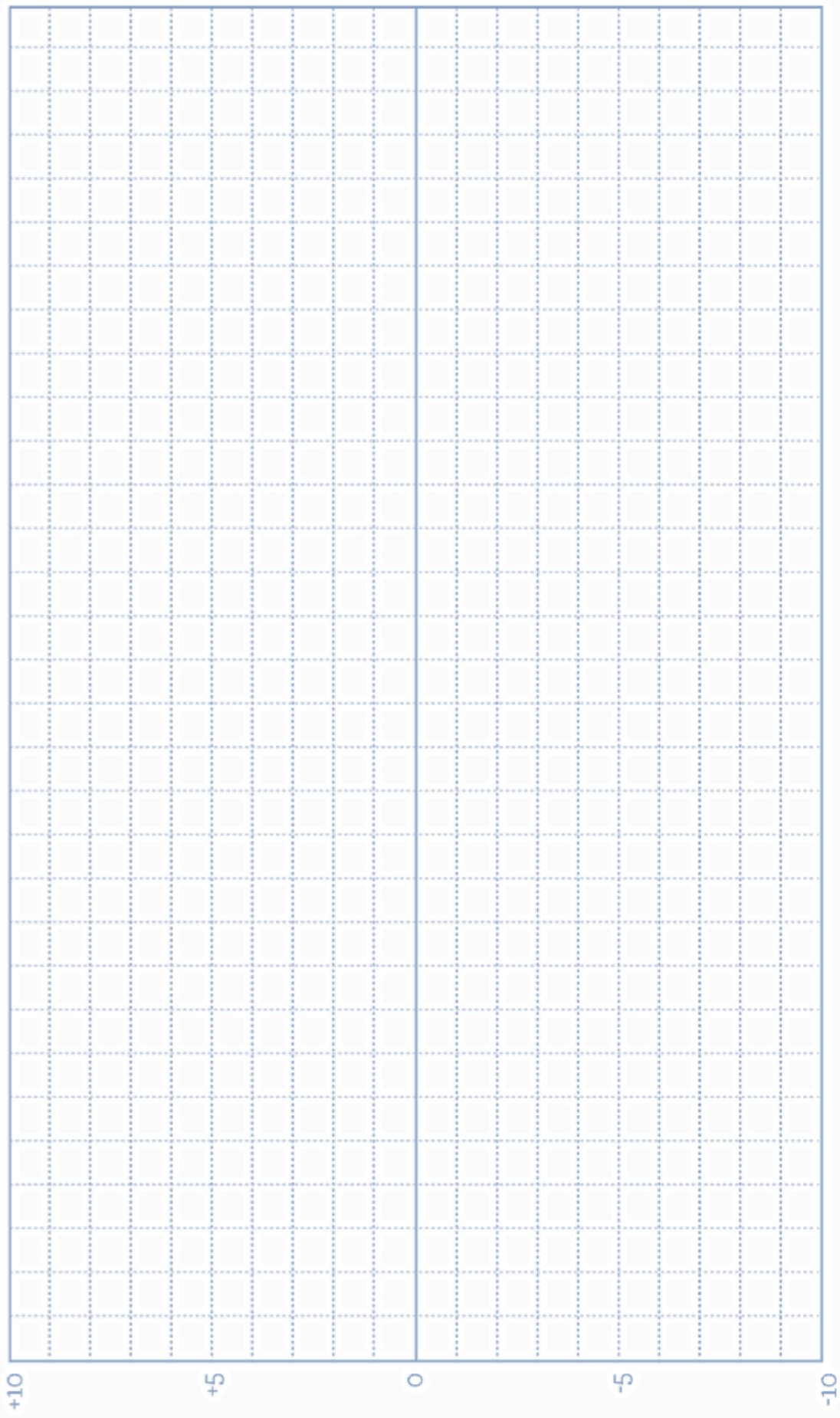
1. Chart your age along the bottom horizontal axis of the graph so that your birth (0) is in the bottom-left corner and your current age is in the bottom-right corner.
2. The left-side vertical axis is a scale from -10 (most negative events in your life) to +10 (most positive events in your life). The middle value (0) is neutral.
3. Think through the events of your life and chart them based on your age at the time they occurred and to what degree they were negative, neutral, or positive.
4. Place a dot on the page for each event and label that dot.
5. Connect the dots. This will help you to recognize a shape and pattern to your life by revealing seasons that were positive and seasons that were challenging.

Side note: You do not have to show the Life Map to your group, if you don't want to. This is strictly an exercise for you to develop an understanding of your story so you can tell it well.

Joseph- Life Map



My Life Map



HIGH POINTS

LOW POINTS

HEROES

DEFINING MOMENTS