

LifeLine tell your story.

Field Work - 50 minutes

Where there lies vision the people wish. This is a certificate of statement with significant indications that is a tool that allows you to consider what you'll live to see happen during your lifetime. You can even write down your own vision.

To get the most out of this tool, get yourself in the right frame of mind, if the beach makes you exercise at the beach, if the mountains energize you, then do it there. Among the hundreds of this exercise, many have reported it to be a life-changing event.

Take a few minutes out of your life and complete this document.

Step 1.

Take out a sheet of paper 22 x 11" or "heavy 100", and turn it to landscape. Or, open up MS Word if you are handy at the computer.

Step 2.

Draw a vertical line down the middle of your paper. This is your lifeline. It represents the significant number of years you will live.

Step 3.

Circle the left end of the line, draw a dot and label it with your date of birth.

Step 4.

Express how long you live. Then mark a dot somewhere near the far right end of the line and label it with your present date of death. Approximate the length of your life. What are your reflections on the way you live? (Marriage, children, etc.) Also mark for the important life events of your life.

NOTE: Do not place your date of death at the extreme far right. Leave some room to the right of the date of death. Take a deep breath, and allow your mind to dwell on the life of your life.

Step 5.

Write next to your lifeline the remarkable events of your life. One key element of this document is that it allows you to think about and remember significant events from your life. For example, you might choose to remember an event that you can repeat many times, ranging from one to many. You have the opportunity to gain new insights into the past and the future - one that adds as you learn and grow.

If you are the artistic type, let this document be an expression of your own depiction of significant events. Color code colors for different categories of goals.

For more information, visit andychristiansen.com

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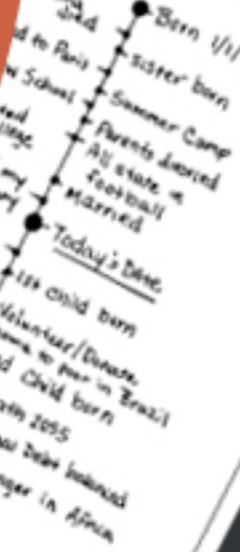
REFLECTION ON YOUR LIFELINE - 50 minutes

After you have completed your lifeline, think about it for a few minutes. Consider what takeaways you have gotten from this exercise about you.

Surprised to discover that I...

LifeLine tell your story.

My Lifeline!



LifeLine

tell your story.

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Field Work - 50 minutes

Where there is no vision the people perish. This is a centuries old statement with significant implications today. A lifeline is a tool that allows you to consider what you'd like to see happen during your lifetime. You can even look beyond your lifetime if you like.

To get the most out of this tool, get yourself in the right frame of mind. If the beach makes you come alive, complete this exercise at the beach. If the mountains energize you, then do it there. Among the hundreds of people who have completed this exercise, many have reported it to be a life-changing event.

Take a few minutes out of your life and complete this document.

▶ **Step 1.**

Take out a sheet of paper 8.5 x 11" or ideally 11x17", and turn it to landscape. Or, open up MS Word if you are handy on the computer.

▶ **Step 2.**

Draw a horizontal line across the middle of your paper. This is your lifeline. It represents the approximate number of years you will live.

▶ **Step 3.**

On the far left end of the line, draw a dot and label it with your date of birth.

▶ **Step 4.**

Estimate how long you might live. Then place a dot somewhere near the far right end of the line and label it with your projected date of death. As you project the length of your life, take into consideration factors such as health habits (exercise, nutrition, stress, etc.). Also consider the average life span of your family members.

NOTE: Do not place your date of death at the extreme far right of the line. Leave some room on the line for goals that exceed your life span. Take a deep breath and allow your mind to di-gest the reality of your death.

▶ **Step 5.**

Place a dot on your lifeline that represents today's date. Label it.

▶ **Step 6.**

At suitable points to the left of today's date (#5), plot some important events in your life. Examples include graduation from school(s), achievements in school(s), marriage and career accomplishments, births and deaths of loved ones, etc. Take approximately 10 minutes on this part of the exercise.

▶ **Step 7.**

Now, set goals for the future. Do this step by adding dots to the right of today's date. These points on your lifeline represent what you'd like to be, do or have in the future. Take at least 10 minutes on this portion of the exercise.

During this step, you may find yourself experiencing writers block. It's quite normal to feel that way. Take a deep breath; take a walk around the block, or step away from this for a day or two. You want to work on this document when you are at your best. When you come back to it, realize that greatness is about to stream from you. This type of exercise for most of us is a new experience. Allow some time to dream and think. As you do, the creative juices will flow.

▶ **Step 8.**

Finish your exercise by considering what you would like to see after you die. You might include goals for your family, friends, church, city, employer, country and world. Dream about setting goals that extend far into the future-25, 50, even 100 years. If you have children you could branch off of your line and outline your hopes and dreams for them.

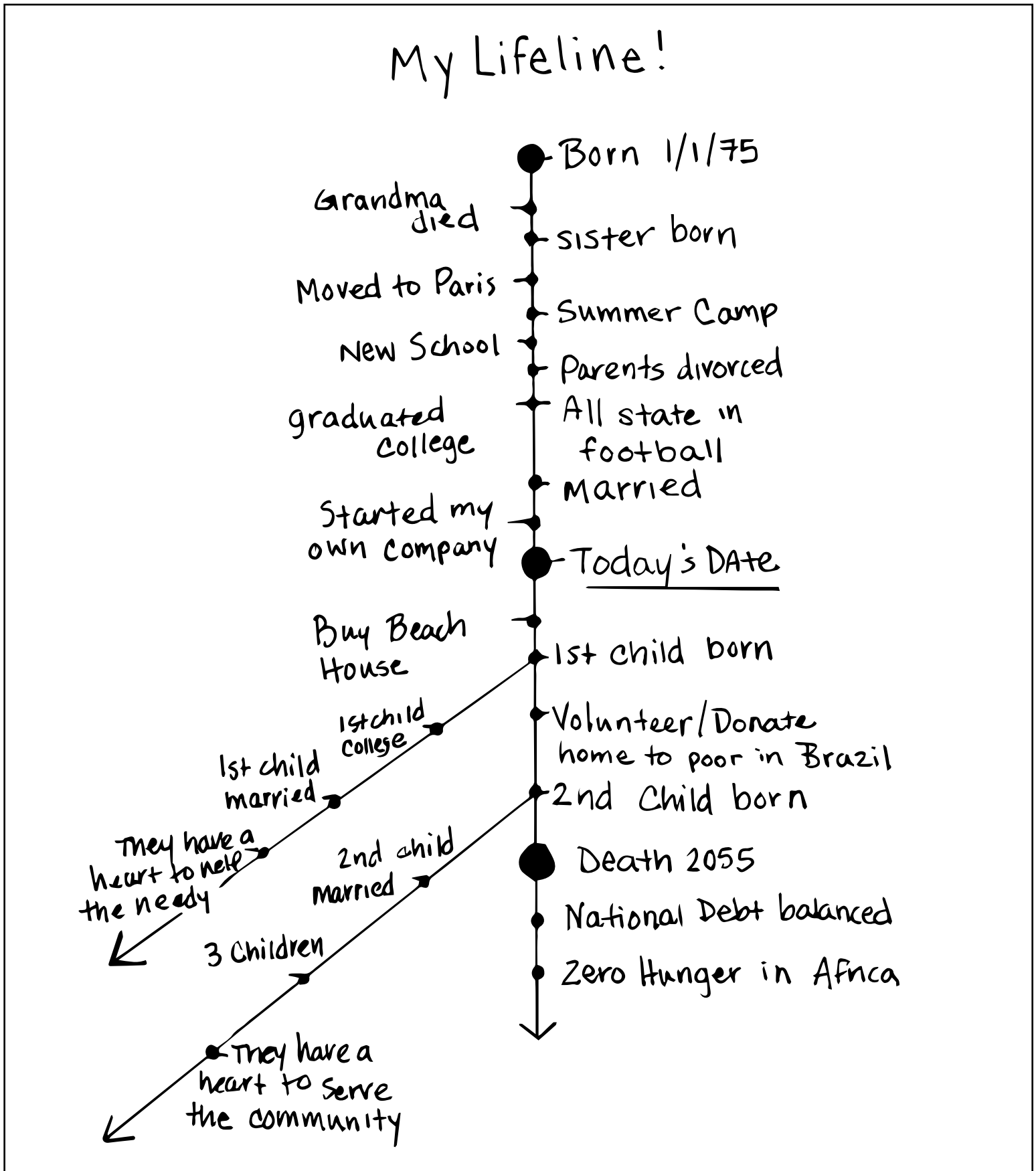
One key element of this document is that it allows you to think through and set goals throughout your entire life. While you are thinking and remembering significant events from your past you might find yourself adjusting certain choices for your future. For example, you might choose to renew an old relationship or complete an unfinished project.

You can repeat this project many times, ranging from once a quarter to once a decade. **Each time you create a lifeline, you have the opportunity to gain new insights into the past and create a fresh vision for your future.** Consider this a living, breathing document - one that adapts as you learn and grow.

If you are the artistic type, let this document take on your own unique style. Add colors, graphs, pictures, etc. You can even draw your own depiction of significant events. Color code events on your line. For example you might choose different colors for different categories of goals.

*For your reference, an example of a handwritten lifeline appears on the reverse side of this sheet.

An example of a handwritten lifeline



REFLECTION ON YOUR LIFELINE - 50 minutes

After you have completed your lifeline, think about it for a few minutes. Consider what takeaways you have gotten from this exercise and what it reveals about you.

Complete the following sentences.

While doing my lifeline, I was surprised to discover that I...

Doing my lifeline taught me that the things I value most in life include...

Of the goals I've selected for the future, the three most important are...