

Creating My Timeline

UNDERSTANDING YOUR HIGHS AND LOWS

You are going to take some alone time and create a time line of your life experiences. There is not a right or wrong way to do this. Below are suggestions.

1. Grab a poster board or multiple pieces of paper.
2. Grab 3 different colored pens or 3 different colored small sticky notes.
3. Grab a notebook.
4. First, start writing any and everything in your notebook in bullet format that you can think of across the span of your life..
5. Highlight those things with 3 different colors
 - a. Highs
 - b. Lows
 - c. Milestones
6. Start placing your “highs”, “lows” and “milestones” on your timeline in chronological order.

Identifying Your Messages...

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7. We are going to take each of these areas and identify messages that are attached to each of these times in your life and ask ourselves if these messages are “serving you in a positive way.”

8. Once we have identified some of these messages, we are going to identify the areas these messages are impacting us the most.

a. Personally (see desired outcomes)

b. Professionally (see desired outcomes)

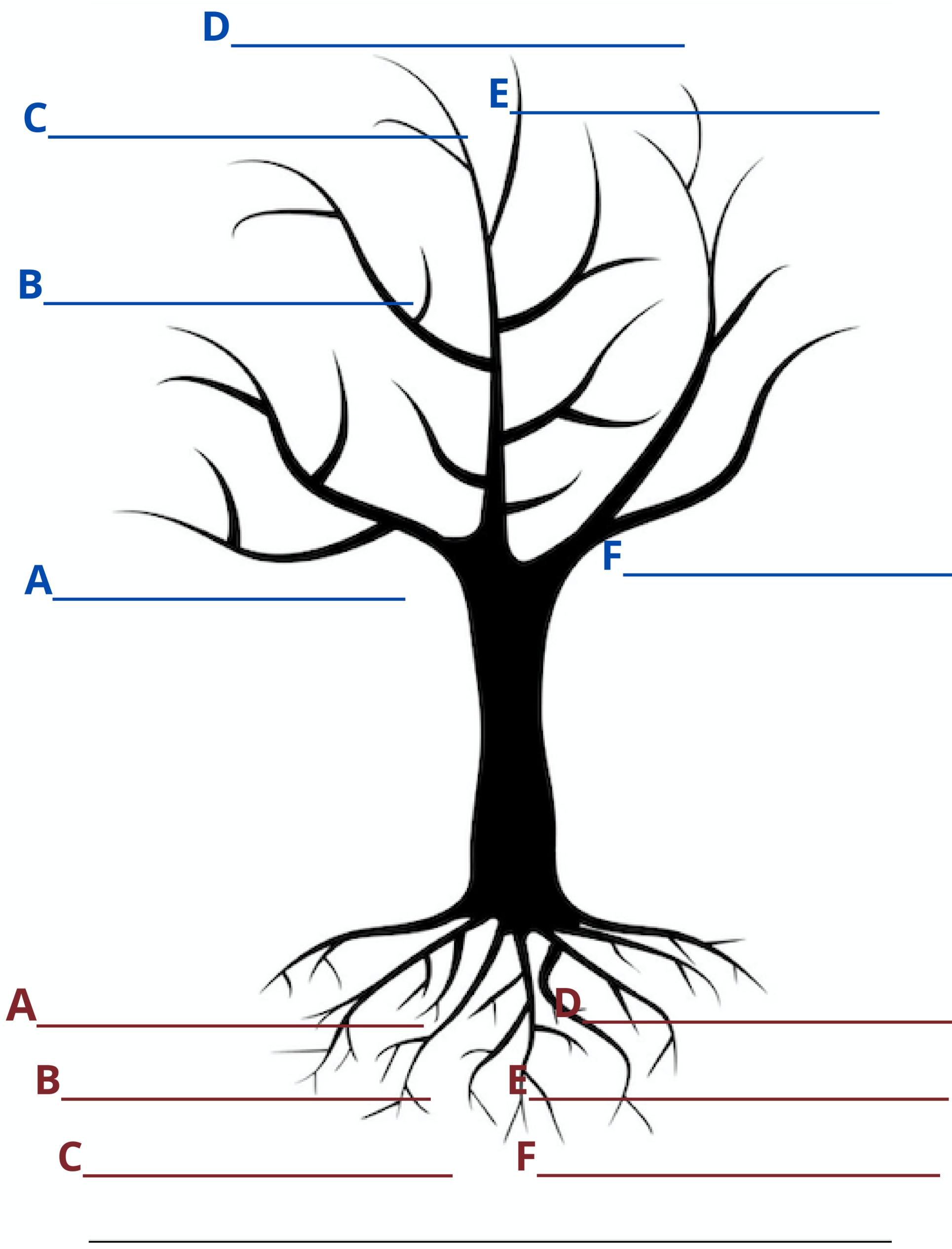
c. Relationally (see desired outcomes)

9. Next, you are going to start to notice the behaviors that are stemming from these messages.

REMEMBER: Behavior is only and outward representation of what is going on inside of us!

10. Lastly, you are going to create NEW BELIEFS/MESSAGES that will serve you and the people you do life with in a more positive, productive way.

Personal



Looking at the Messages/Beliefs:

How are these messages impacting your personal life and keeping you from your desired outcome (refer back to your desired outcomes). As you work through this, you might come up with other desired outcomes or other messages/beliefs that you didn't know were there. That is ok! This is a journey, not a destination.