

Drawing your life lines

1. Take a piece of paper (or use an online option like PowerPoint or Miro to draw), put it in front of you horizontally and put a dashed line in the middle.
2. This is your lifeline, starting from 0 up until today (your current age). Divide the horizontal line in periods of 6 years.

The vertical axes represent the level of excitement and enjoyment / disappointment and setbacks.

0-----6-----12-----18-----24

3. With 4 different colours draw up 4 lines about your life: :

- Your health = red line
- Your emotions = green line
- Your professional development / challenges / education = blue line
- Your work experience (side jobs, voluntary work, summer job)

Draw these lines, with their ups and downs, as you experienced them. To make the lifelines speak even more, you can mark important events with a symbol / a picture / a drawing / a word or whatsoever.

4. Once you completed the lifelines, look at the lines and think:
 - What do you notice? Are the lines in sync? Or not? What does that say?
 - Why did you like/dislike or found something difficult?
 - What have you learned from this?
 - What quality or skill did you use here?
5. How can you use this information to shape your career? so what do you (already) know about yourself?

