



ENLIGHTEN EXERCISE #18

My Life Line

Draw your life below, starting with your birth date and today's date. On your lifeline, you should highlight important life events and transitions, personal high points, and times when you struggled. Be sure to focus on the emotions you felt and the ones you feel now as you recall these events.

MY LIFELINE

BIRTH DATE

TODAY'S DATE

A vertical timeline for a life exercise. On the left, the words "MY LIFELINE" are written vertically in a large, bold, sans-serif font. To the right of this text is a vertical line with 18 horizontal tick marks extending to the right. The top tick mark is labeled "BIRTH DATE" and the bottom tick mark is labeled "TODAY'S DATE".