Journey Time Line: Activity 1 of 3

Constructing a Journey Time Line:

The line below represents your journey as an adult from the past to today. After you complete the following steps, take time to share your time line with each other. This can be accomplished in one or two sessions.

- Using words, symbols, drawings, sketch your life's journey on the time line. Note significant life events, milestones and transitions (positive and negative) that have had an impact on your development.
- Identify opportunities that made a difference in your life and helped you grow and develop.
- Identify obstacles that got in the way of your journey.
- Note “unexpected delights” - events and experiences that were not planned, but just happened.
- Insert names of individuals along the way who contributed to your development.