

BRAVE  
BOLD   
BRILLIANT®

# PERSONAL JOURNEY TIMELINE



The line in the box below represents your journey as an adult from the past to today. Using words, symbols or drawings, sketch your journey on the time line.

1

Draw a time line horizontally on a sheet of paper, allowing as much room as you need above and below the line:



2

In the space above the time line, note significant life events that have influenced you the most. Do not feel constrained to stick to work-related events or even those that have to do with mentoring. Focus on the events, milestones and transitions (positive & negative) that have had an impact on you development.



3

Now turn your attention next to the space below the time line:

- 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

4

Review your time line of events and add in the names of individuals who contributed to your development.

5

What lessons did you learn and how did they change your thinking?

6

What new understandings emerge for you as you review your time line of experience?



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