**Lifeline exercise**

**Purpose:**

A lifeline exercise helps you to see and interpret patterns in your life by building a comprehensive overview of your experiences.

**Brief description:**

A lifeline exercise show up the highs and lows in your life, whether in the family, in education, in work or in some other activities. It can be created by literally drawing a line across a chart and marking it up with the key occurrences to date.

This can help you value yourself more and be more confident and self-aware when making decisions on major issues such as employment. It can be helpful to reflect on formative influences, people and events.

**Have a go!**

1. Draw a chart with date of birth and today’s date
2. Below the chart make a scale for your age in 5 year intervals
3. Draw a horizontal line across the chart and capture positive ideas above and negative one below the line
4. Write down your earliest thoughts about work, career, education
5. Note strong influences, events, feelings about your studies and life changing moments
6. Capture conversations/information (verbal and non-verbal) from family, friends, teachers, influential others, society at large, about school, education, learning, careers, and work
7. Think about all the aspirations, dreams, ideas and wishes about a career that you have ever had
8. Think about the events that have had an impact on your learning and education path (school, university, experiences of work, volunteering, work experience, moving house, moving from home, important life experiences, relationship, learning new skills, creative ideas, new information, ‘wow’ factors in your life
9. Think about why you took on an work/committee/volunteering activity and why you stopped doing it
10. Reflect on significant people that have affected your life both positive and negative
11. Consider major lessons you have learned both through formal education and other experiences

**Source:** [http://www.afterenglish.ac.uk/activities/activity2.htm](http://www.afterenglish.ac.uk/activities/activity2.htm)

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