Instructions: On this sheet, you are going to draw a timeline for your life beginning with your birth to present. Begin by drawing a lifeline that represents your sense of your life. Use peaks and valleys to represent the highs and lows of your life. Note the year each event happened. It may be better to start with a pencil then trace with a pen, marker or crayon. Be as creative as you would like. You can staple or glue pictures of family, friends, or places that may represent events in your life. Pictures can also represent how you where feeling at that point in your life. Pictures can be attached to this sheet and not necessarily on the sheet. You do not have to list everything since birth, but feel free to include events such as marriage, children, job and medical history. Don’t forget to HAVE FUN!!!!!

**DOB:**

Present

**Content**

**Depressed**

**Dissatisfied w/ Life**

**Unhappy**

**Enjoying Life**

**Happy**

**Blissful**