

Life Journey Map



1. Spend a few moments reflecting back on your life as a whole, from your birth (or even your conception) until this very moment.
2. Take a large piece of paper and use colored crayons or markers to draw a map of your **Life Journey**.
3. Show the major detours your life has taken, especially times of difficulty or challenge such as illness, death, relocation, unemployment, betrayal, loss, failure. You might draw them as ups and downs, obstacles, disruptions, tangles, or dead ends.
4. Label each major event with words or drawings so you can easily identify them in the future.
5. You will add to this map in the future as you complete other lessons.