

Timeline

ESTIMATED TIME

30-45 minutes + session discussion

1 What Is It?

A life timeline is a simple visual tool used to map significant events and experiences in a person's life chronologically, and to help identify key milestones, decisions, trends and patterns. It typically consists of a horizontal line representing the passage of time, with key events, achievements, challenges and moments of personal growth marked along the line with corresponding dates or age ranges. You may choose to identify only work and growth points, or broaden it to include more personal changes and lifestyle highs and lows.

2 Why Use This?

This allows you to reflect on and review past events, and potentially consider the real drivers of your happiness, success and disappointments. By mapping these on a graphical timeline, you will first note which things stand out and identify recurring patterns, triggers and influences that have shaped your personal and professional journey, for good or bad.

3 What To Do?

Develop a timeline chart based around overall life happiness and self-fulfilment, and note what was happening - what you were doing and what your drivers were - during the key moments.

Consider: What happened at these times? How did you feel emotionally? What would you do differently if you faced the same situations again?

Choose a period that suits your analysis. Add dates, ages or life stages along the centre line.

Use different coloured lines if helpful to distinguish aspects of your life, such as career, personal life, health and happiness.