

## **LIFE CHANGING EXPERIENCES**

### **Life Timeline**

Life is so complex that we sometimes miss patterns or circumstances that have truly influenced us because we are so focused on getting by or thinking about the past or future. Research studies show that taking a one-week vacation impacts your level of happiness as much as a two-week vacation. This is because our mind only remembers a small percentage of the experience (after a couple of months), regardless of how long the vacation was. So, the longer vacation doesn't have an increased benefit to your memory or happiness because of it. So, what does this mean to you and your purpose? It means that you probably don't remember most of what has influenced you because after it happened you just went back to focusing on living your life, while remembering only the bits that pop up to the surface. Unfortunately, things you've missed are often affecting you today, without your awareness. This is often referred to as the "unconscious mind".

By looking at your life on a timeline you can see it more objectively. You may notice a pattern or a series of experiences that led you along, toward where you are today. Understanding this, you may notice your life has been leading you towards something. For example, have you ever watched a movie and knew what was going to happen before it happened? If you have, then think of your life in the same perspective. If you can observe the plot of the story you may be able to decipher where it's going. While reflecting on the experiences of your life, if your first thoughts of the future are negative or limiting it is important to note that you can change and create what you want in life by finding a greater purpose in the experiences. Once something that was unconscious becomes *conscious*, you have *choice*.

Starting at birth, make a list of all significant events that occurred until the present:

Now you are going to summarize your list. Simplify events that are similar. For example, if you moved several times from birth to 16, sum up the experiences by saying “0-16, many moves, learned to be adaptable...” Other summarized statements could be “17-20, turned to academic achievement, discovered I like Science.” “20-25, felt lost, kept trying new things.”

5-16 \_\_\_\_\_

17-21 \_\_\_\_\_

22-30 \_\_\_\_\_

31-40 \_\_\_\_\_

41-50 \_\_\_\_\_

Star key events, negative or positive lessons, turning points, and key people.

What were your turning points?

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Do you see any patterns?

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What lessons were you taught?

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What feels complete for you? Unfinished?

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What things energized you?

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How have your values changed?

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What does it look like you've been “in training” for?

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What do you see your life has been heavily focused on?

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What stands out?

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