Lifeline Exercise

In this exercise we will explore:

• What a Lifeline is and how it can benefit you
• How to complete your Lifeline
• What to do with the information once you have completed it.

THE BENEFITS OF A LIFELINE

A Lifeline is a means of reflecting on the highs and lows of your life – at school, work and personal. By taking time to reflect you can identify what resources you used to create the highs in your life and to manage the lows e.g. resilience, thinking positively, determination.

It is also a way of using the past to inform the future i.e. what trends or themes seem to emerge from this information – what seems to happen to my resources when I am in a low place and what led to me going to that place?

By understanding what your real strengths are and where you seem more vulnerable you can potentially put wheels in motion to prevent the lows from having the same impact as in the past.

Next are instructions on how to complete your Lifeline and an example of what a Lifeline can look like.
**LIFELINE EXERCISE**

- Choose two different pen or marker colours for this exercise.

- Use one colour to represent your “Personal” Lifeline and another colour to represent “Work/School” Lifeline.

- Reflect on your life starting back as far as you can remember and draw two separate lifelines — one to represent your level of satisfaction with your “Work/School” life and another to represent your “Personal” life (see example on the following pages).

- The scale can be as high or as low as you wish to define it.

- Complete your Lifeline chart in 5 minutes or less. Do not over-think this exercise.

- Once you have completed your chart (as below), answer the Lifeline Exercise reflection questions on following page. Write anything that comes to mind. There are no wrong answers.

![Lifeline Exercise Chart](image-url)
**LIFELINE EXERCISE**

Reflect on your “Personal” and “Work/School” Lifelines...

1. What underlying themes or insights emerge when you consider your lifelines?

2. What important lessons do you recall?

3. When have you experienced being “in the flow” (times where you felt life and/or your career was highly energized, meaningful, inspired, and/or effortless)?

4. At the high points, describe what made it so positive.

5. At the low points, what actions did you take to make things better?

6. At times when things were turning down, what might you have done differently to address the situation?

*Lifeline Exercise Example*