







LifeMap

Description

LifeMap puts important life events and their emotional impact on a timeline. Write each event, choose the emotion you felt and your age when it happened.

Instructions

Focus solely on your emotions,  Glad,  Sad,  Mad and  Anxious. Write your age, circle emotion you felt and how strong was this emotion on the scale from 1 to 10 and list the event(s) that triggered it.

Example

| | | | | |
|-----|---|---|--|---|
| Age |  9 |  |  |  |
| 10 | I met my best friend | | | |
| 19 |  |  |  |  8 |
| 19 | I started university | | | |
| 25 |  |  7 |  |  |
| 25 | I didn't get my dream job | | | |
| 27 |  |  |  10 |  |
| 27 | I had a bad breakup with my partner | | | |

AGE 0-20

Age



AGE 20-40

Age



AGE 40-60

Age





AGE 60-80

Age



AGE 80+

Age

| | | | |
|---|---|---|---|
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