

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.

Additional Instructions for Life Journey Map:

TIP: Use different colors or symbols to denote each of the categories on your map. Choose whatever has meaning for you that will help you interpret your map.

1. Draw a “Life Journey Map” showing the majors **detours** your life has taken and where they have led you (keep it simple)
EXAMPLE: The major detours of my life include:
 - attending medical school (a detour with a slight downturn on my map)
 - meeting my husband and getting married (a significant upturn)
 - the births of our two children (significant upturns with small downturns)
 - the suicide death of my father (major downturn in the shape of a spiral)
 - moving to Colorado (upturn)
 - leaving medical practice (ups and downs)
 - my mother’s death (gradual upturn)
2. On your “Life Journey Map” overlay your history of **love**:
 - i. Where and when has the *presence* of love been a factor on your journey (perhaps altering your course or enhancing it) EXAMPLE: meeting and marrying my husband
 - ii. Where and when has the *absence* of love been a factor on your journey (perhaps altering your course or challenging it) EXAMPLE: my time in medical school
3. On your “Life JourneyMap” overlay your history of **unforgiveness**:
 - i. Where have there been experiences when you have not forgiven another? Where and when have you not been forgiven by someone else? Mark these on the map with a label and symbol so you can identify it in the future. EXAMPLE: my father’s death
4. On your “Life Journey Map” mark a time when you had exactly what you needed to get through an experience – when the stars seemed to align and everything worked out perfectly even though it didn’t seem possible. (Mark with a ☆) EXAMPLE: the synchronicity of meeting my husband the first time
5. Study your “Life Journey Map” and see how all of the detours of your path have led you to exactly where you are right now. Write about how one of those detours was the perfect precursor to your current purpose. (Do this in your journal) EXAMPLE: my father’s death led me to work in hospice which brought me where I am now
6. Study your “Life Journey Map” and review especially the detours of your life. Are there some that you are attached to - that you still wish you could go back in time and change? **Circle** those events. EXAMPLE: I would change my memories of medical school and see more of the positive events that took place

7. On your "Life Journey Map" note the major losses that have occurred in your life so far. Is there a pattern? How have your losses shaped your path? What have you learned from your losses? EXAMPLE: my father's death, my mother's death