

LIFE LINE

Are you facing a choice? A decision that will have a major impact on your future life? How do you make this choice? How do you make decisions? There are countless ways to do preliminary research in order to arrive at a well-considered choice.

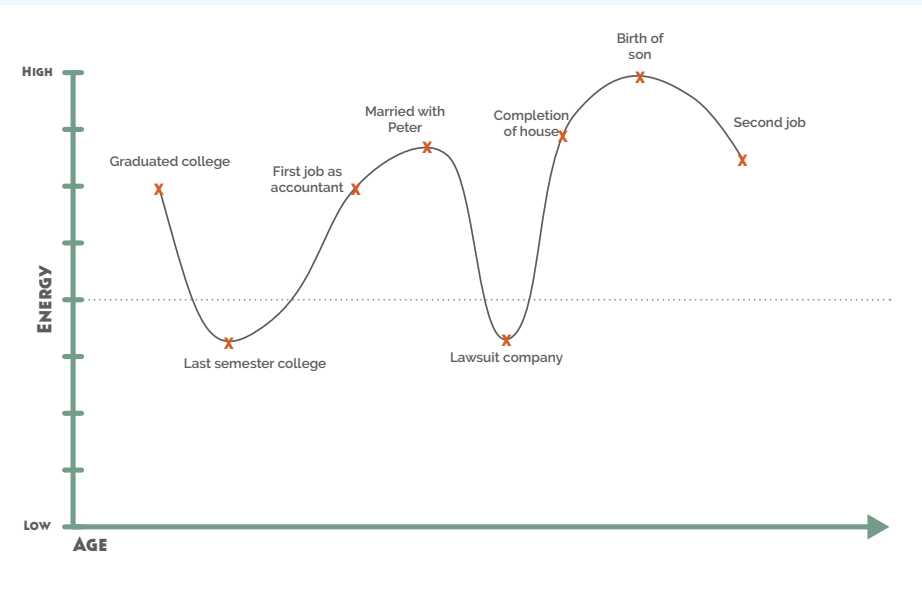
I have outlined such a decision-making process for you on the right. It is a biographical method for making a future choice by looking back at the past in order to predict the future. I was inspired by [this speech of Steven Jobs](#).

You learn about yourself by looking at your life story. It is so valuable to look at the steps you have taken and the choices you have made in your life, both at work and at home. And especially at the qualities you have used at those moments. By looking closely at your life and career, you will rediscover your talents and gain insight into your motivations, strengths, and passions. This biographical approach provides you with valuable learning moments that will help you make future decisions, such as your next career move or an important step in your life. By drawing a lifeline in the following three steps, you will literally visualize your life course.

STEP 1: COLLECTING MEMORIES.

Write down the most important events in your life. What has made an impression on you? Which moments have shaped you? What are the highs and lows for you? Write down everything that comes to mind. You can then group all the separate memories into different areas of life, such as relationships, education, work, health, and hobbies.

LIFE LINE OF: ANNA



Marijne van den Kieboom

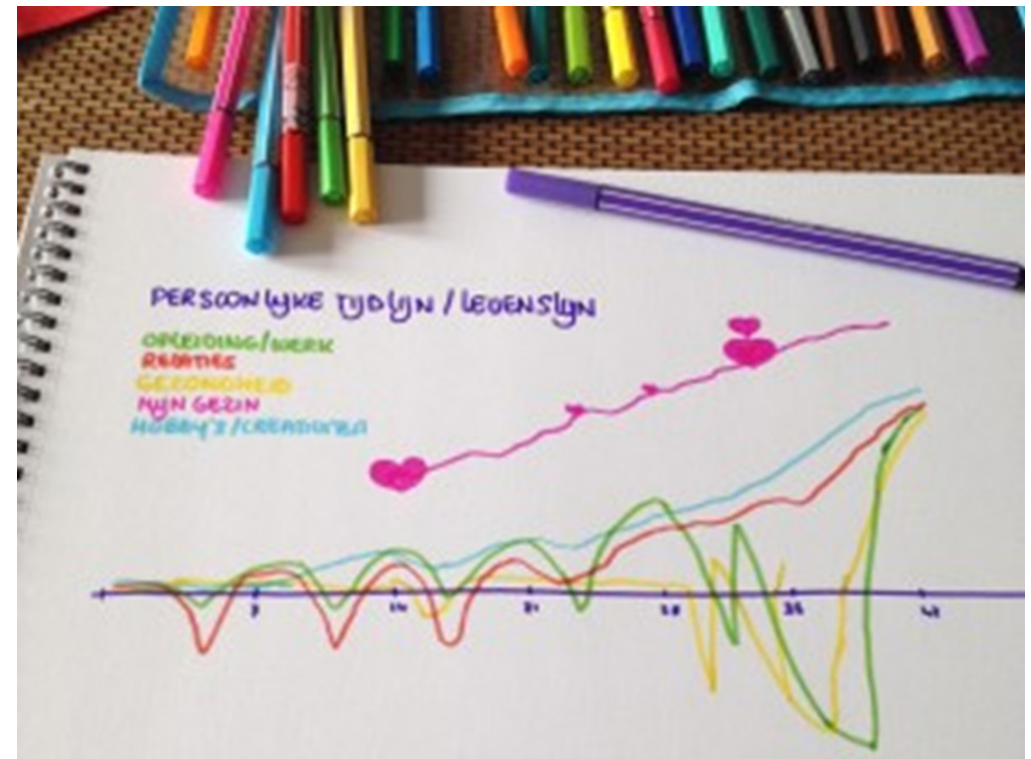
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STEP 2: DRAW YOUR LIFE LINE.

Take a large sheet of paper and various colors of drawing materials. First, draw a baseline that starts at your year of birth and continues to the present. You can draw this baseline either from left to right or from bottom to top on the sheet. Then divide the baseline into periods of, for example, 7 or 10 years. Assign a different color to each of the areas of life you chose in step 1. For each area of life, place dots on either side of the baseline to represent the highs and lows in that area of life during that period. Then connect the dots of the same color and see a wavy line emerge. Do this for each area of life and you will end up with a baseline with different colored, wavy lines running through it (one line for each area of life and a different color for each line). You can add symbols, drawings, or words to these colored lines as you see fit if you want to mark a particular moment in your life. This will create a very personal timeline.

STEP 3: ANALYZE YOUR LIFE LINE.

Now take a look at the lines from a distance. What do you notice? Are the colored lines more on one side of the baseline or the other? Do they intersect at certain periods or do they run synchronously? What does that say about the events during that period? Is there a connection between the highs and lows in the different areas of your life? See if you can discover a common thread. What qualities did you use to reach the highs? And what qualities did you use to get out of the lows? Did it push you in a certain direction? Did it cause you to make different choices? What does this say about you? What can you learn from this? Discuss your lifeline with your family or friends. They can surely give you new valuable insights that will help you with future choices.



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LIFE LINE OF: _____

