


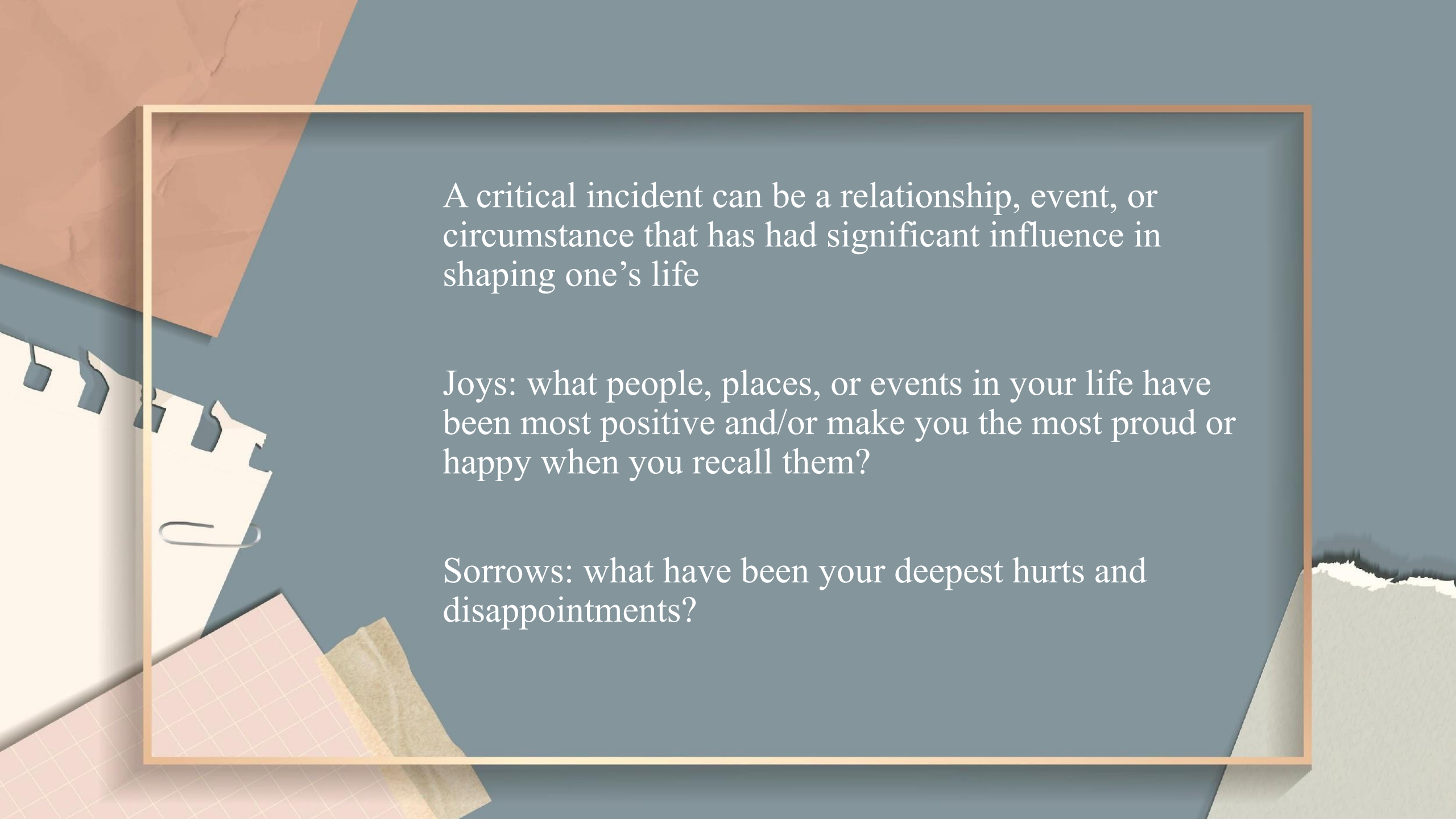


# MAPPING YOUR LIFE NARRATIVE



STEP 1:  
BEGIN BY WRITING OUT  
SIGNIFICANT LIFE  
MOMENTS AND EVENTS

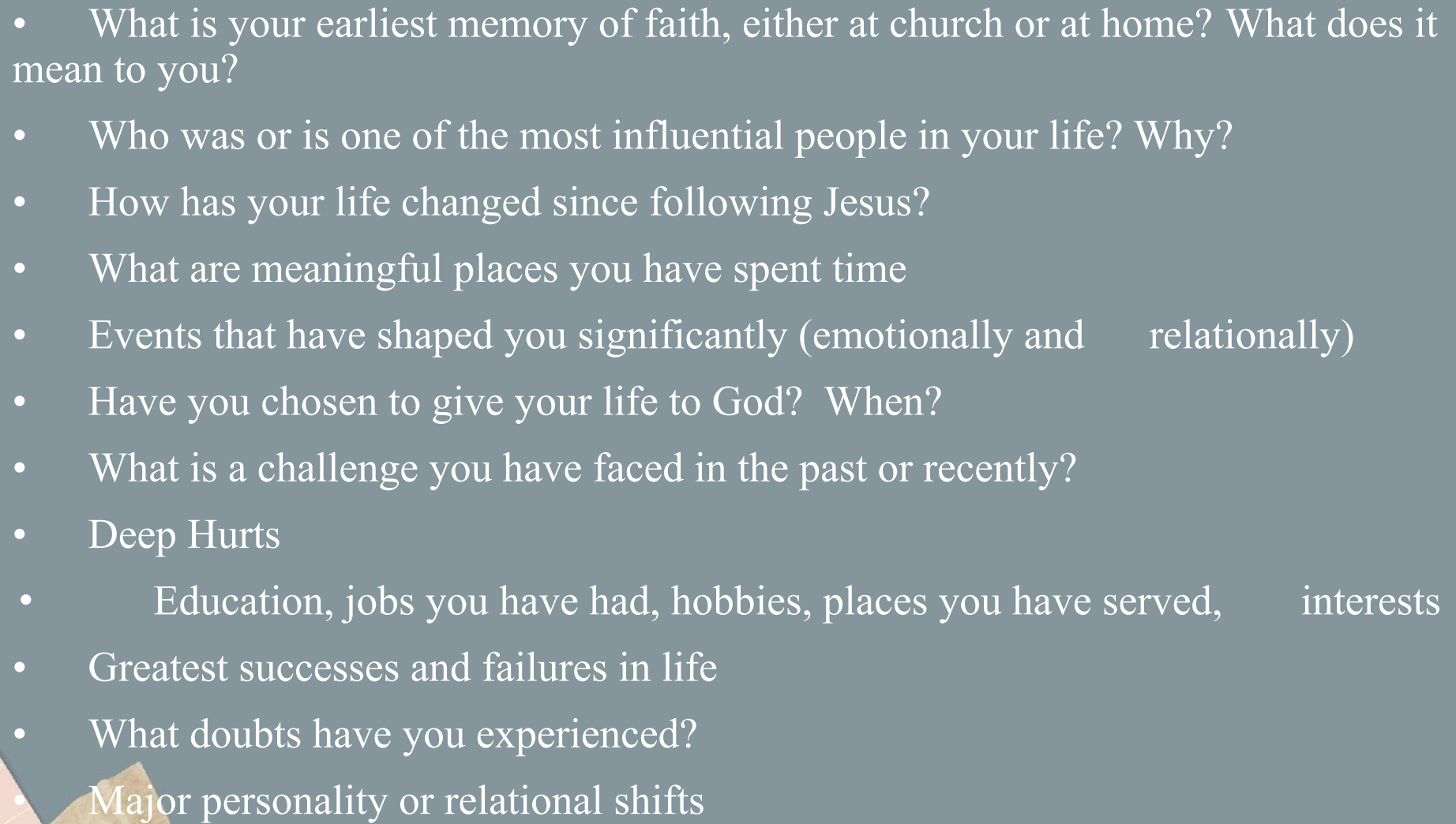
USE ONE COLOR FOR POSITIVE  
USE ONE COLOR FOR NEGATIVE



A critical incident can be a relationship, event, or circumstance that has had significant influence in shaping one's life

Joys: what people, places, or events in your life have been most positive and/or make you the most proud or happy when you recall them?

Sorrows: what have been your deepest hurts and disappointments?

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- A dark blue background with a collage of papers and a paperclip on the left side. The papers are in various colors (brown, white, pink, green) and are layered, with some showing a grid pattern. A silver paperclip is attached to one of the white papers. The text is a list of questions and topics in white font.
- What is your earliest memory of faith, either at church or at home? What does it mean to you?
  - Who was or is one of the most influential people in your life? Why?
  - How has your life changed since following Jesus?
  - What are meaningful places you have spent time
  - Events that have shaped you significantly (emotionally and relationally)
  - Have you chosen to give your life to God? When?
  - What is a challenge you have faced in the past or recently?
  - Deep Hurts
  - Education, jobs you have had, hobbies, places you have served, interests
  - Greatest successes and failures in life
  - What doubts have you experienced?
  - Major personality or relational shifts

## STEP 2

- Order your post it notes in chronological order
- Try to group notes that connect



STEP 3

REFLECT & PROCESS



What stands out to you as you look at your Life Map?

What patterns are you noticing? Personal decisions, opportunities, experiences etc.

Anything you have learned about yourself?

Where do you notice God?

Any critical incidents? ( ie. lack of peace, loneliness, lack of purpose or significance, relationships, hurts, joys)

What deep values and beliefs were shaped or formed through your life?

What/who has influenced you the most through your life?

How do certain events, experiences, people and choices fit together?