

## Welcome to the Life Map exercise.

### The following pages contain:

- a sample Life Map based on the life of the biblical patriarch Joseph (Genesis 37-50)
- a blank Life Map for you to fill out
- places for you to list the high points, low points, heroes, and defining moments of your life (creating these lists can be helpful as you work on your Life Map).

The Life Map is a great tool for preparing to tell your story to others. It helps you to identify the high, low, and in-between points in your life and to think through the significance of those events in your story.

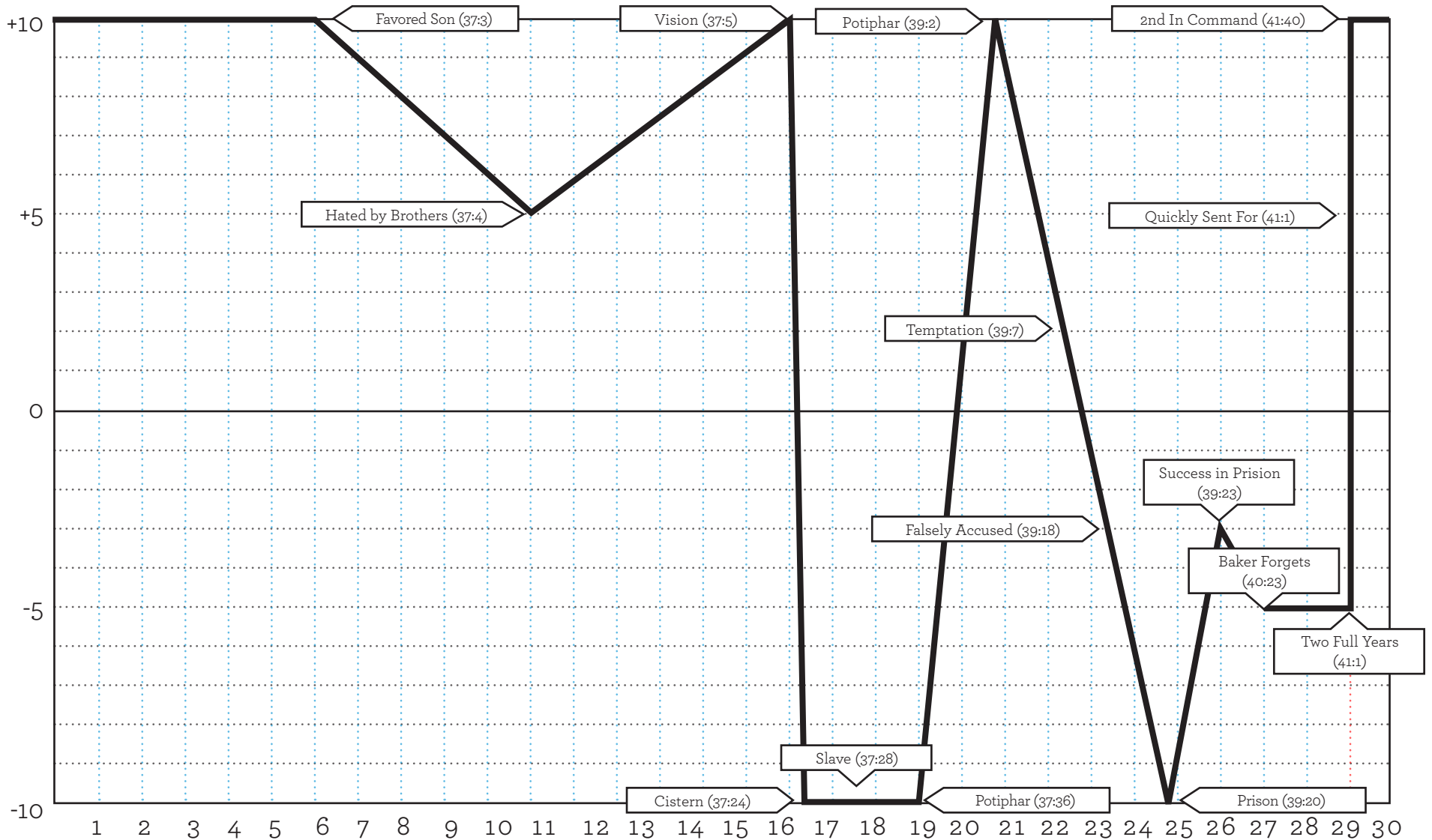
### To use the Life Map:

1. Chart your age along the bottom horizontal axis of the graph so that your birth (0) is in the bottom-left corner and your current age is in the bottom-right corner.
2. The left-side vertical axis is a scale from -10 (most negative events in your life) to +10 (most positive events in your life). The middle value (0) is neutral.
3. Think through the events of your life and chart them based on your age at the time they occurred and to what degree they were negative, neutral, or positive.
4. Place a dot on the page for each event and label that dot.
5. Connect the dots. This will help you to recognize a shape and pattern to your life by revealing seasons that were positive and seasons that were challenging.

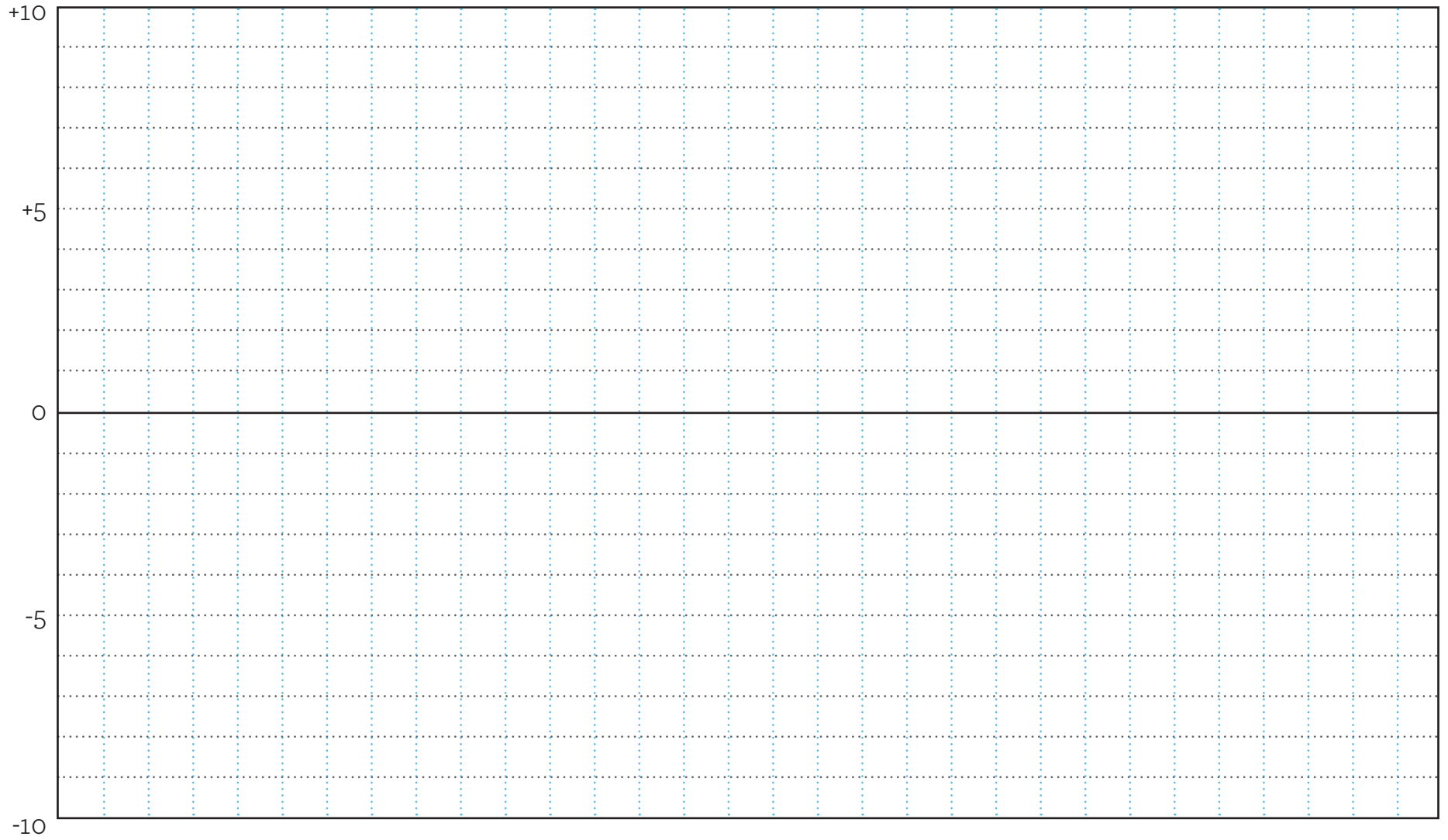
You don't have to show your Life Map to the members of your group if you don't want to. This exercise is for you. Understanding your own story will help you to tell it well.



# Joseph- Life Map



# My Life Map



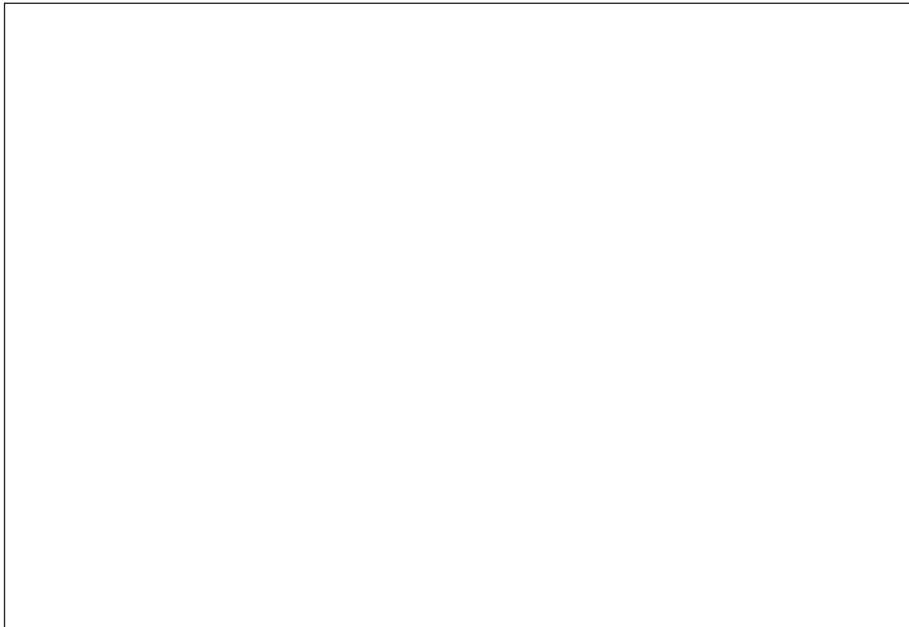
High Points

A large, empty rectangular box with a thin black border, intended for writing or drawing.

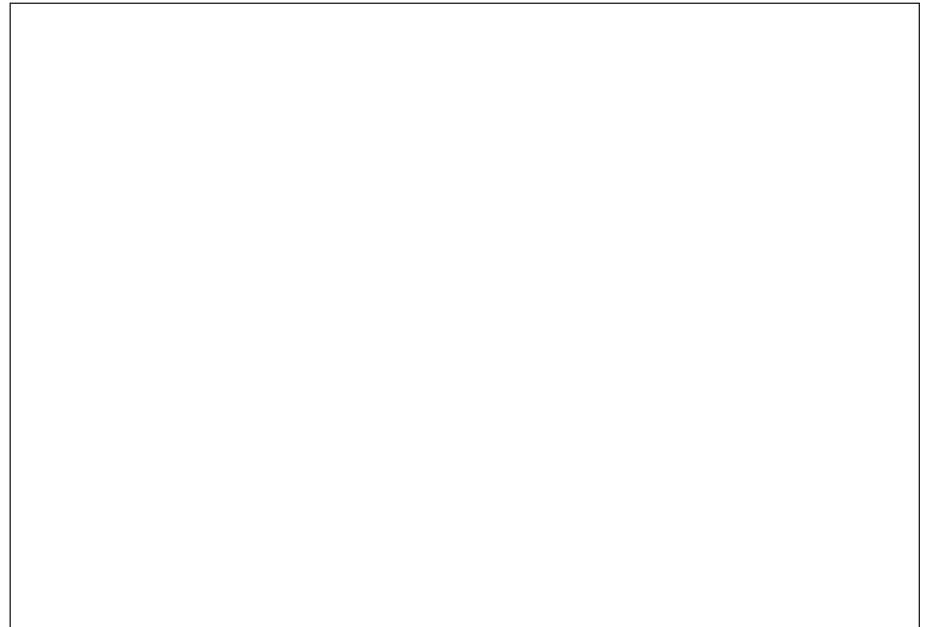
Heroes

A large, empty rectangular box with a thin black border, intended for writing or drawing.

Low Points

A large, empty rectangular box with a thin black border, intended for writing or drawing.

Defining Moments

A large, empty rectangular box with a thin black border, intended for writing or drawing.