

## My Lifeline

Number of People	Approximate Time	Items Required
Unlimited	5-10 minutes per person	Large Sheet of Paper for each person Magic marker for each person

This exercise allows participants to examine their past accomplishments or significant events from their birth to the present day, and it allows participants to have insight into each participant's past experiences.

1. Have each person create a "lifeline" on the paper by writing or drawing accomplishments or significant events from his or her birth to today.
2. Each person then shares the information shown from the lifeline with the group.