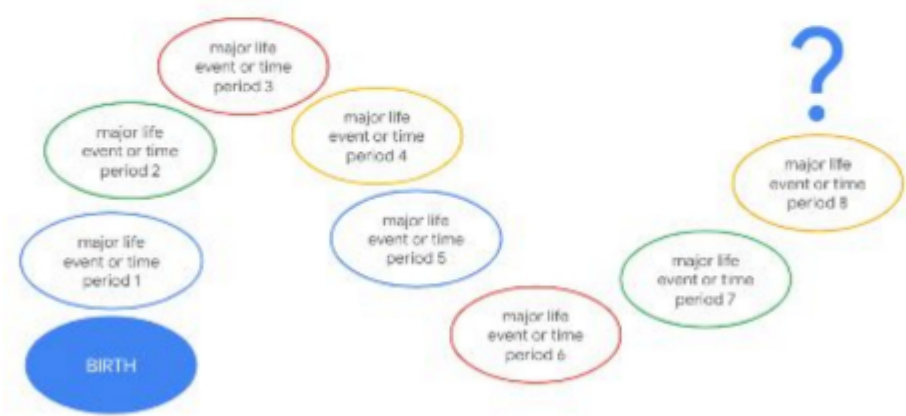


## Career Development: Life Paths

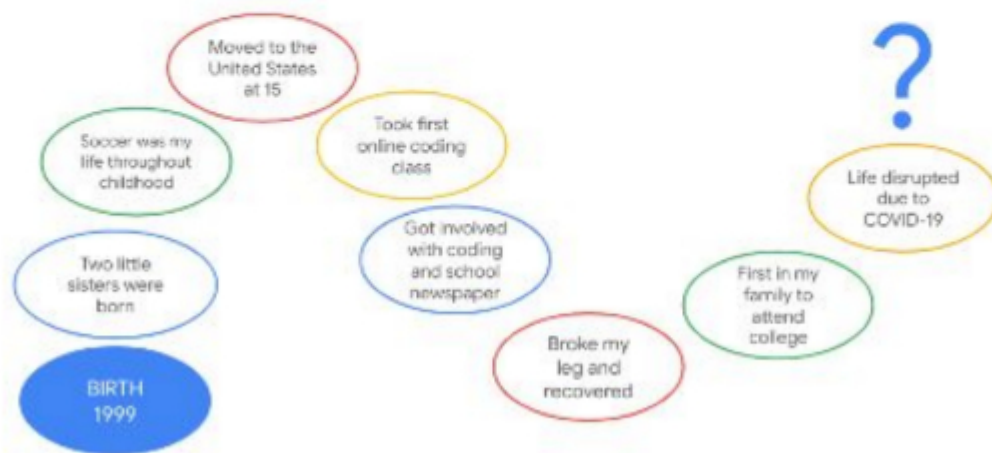
## What Is a Life Path?

A life path is a visual mapping of the significant events or time periods that have occurred in your life. What significant events or time periods have made you who you are today? By mapping out these defining moments, a life path facilitates personal reflection and maybe solidifies (or questions!) your previously held values and goals.

# How It Works



# Life Path Example



# Instructor Life Paths

# Instructor Life Paths

# Activity

1. Think of important events or time periods that have shaped your life thus far.
2. Take 10 minutes to create a map of your own life path.
3. Be prepared to share with the group (<2 minutes per person).



**Let's Share**



**Thank You**

