

# Life Profile

Go back in time and identify important periods in your life. Use 5 years periods as milestones and preferably find incidences for each of the given categories. What had happened in this period? What did you do / learn / think / feel / ...?

What made you happy? Try to find a title for each period. The life profile is the basis for our competence work. Make sure that you spend enough time to produce good and useful material for the class room. You can draw a bigger picture e.g.A3 or even use a flipchart.

<b>Age</b>	Today
<b>Family and close relations</b>	
<b>Working experiences</b>	
<b>Education and training</b>	
<b>Interests and leisure</b>	
<b>Others (moves / being abroad)</b>	
<b>My emotions</b>	

## Example of a life profile

