





OVERVIEW

This exercise is to provide a context for our coaching sessions. What has made you who you are? I would like to hear about significant life events whether you see them as positive or negative.

This exercise may also provide some insight for other exercises that you will be doing shortly.

EXERCISE

Using the chart similar to the one over-leaf, start by plotting out the peaks and troughs of your life. Start from your earliest significant memories and go up to now.

-  Who were your key influences?
-  Which moments made you happiest?
-  What have been your biggest regrets?
-  Are there any recurring themes?
-  What dreams and ambitions did you have when you were growing up?

You may find it interesting to record these things as a storyboard, writing a brief summary of your key life events in the order they happened.

You do not have to share you work with me unless you want to, though I would be interested to hear your overall views after the exercise. It will help our time together if you summarise your work against the five bullet-points below:

-  ...
-  ...
-  ...
-  ...
-  ...

YOUR STORYBOARD



You may find it interesting to draw separate charts for different key aspects of your life, for example, the highs and lows of your career, and those of your relationships.