

# YOUR *Aha!*<sup>TM</sup> LIFE

## Life Journey Exercise: Discovering Yourself Through Life's Aha! Moments

*"Tell me, what are you  
going to do with your one  
wild and precious life?"*

Mary Oliver

In this exercise you will create a timeline to reflect on your life journey and the Aha's or lessons you've learned along the way. The lessons have the power to shape who you are and the life you live – today and in the future.

**Instructions:**

1. Complete the timeline on the following page.
2. The X-axis represents the length of years, and the Y-axis represents the experiences. Starting at the left end of the timeline (on the X-axis), write your birthdate. At the right end of the timeline, place a future date, the date/age you think you will live to be.
3. Mark the place on the timeline that reflects where you are presently.
4. How far along are you in your life journey? What feelings does this evoke?

---

---

---

5. Moving from left to right on the timeline what life experiences do you remember most? Write them on the timeline. Feel free to draw a picture or symbol that represents the experience.
  - a. Include peak experiences (high points) and valley experiences (low points).
  - b. Examples might include births, deaths, engagements, marriages, divorces, graduations, career advancements, layoffs, goal achievements, failures, moves, travels, home purchases, a book or advice you received, etc.
  - c. The distance of the experience away from the center line denotes how high or low or how impactful the experience was for you relative to other experiences.
  - d. For example, the death of a loved one may be located below the center line at a distance greater than moving to a new school.
6. Of the experiences you've identified, which have had the greatest impact on your life? Identify 3-5 pivotal experiences. Circle them on your timeline and reflect on the lessons or Aha's you learned from those experiences.

For each pivotal experience answer the following questions: (If you need additional space, please use the Notes pages at the end of this Accelerator).

---

---

---

a. Experience #1

What did the experience teach you?

---

---

---

How did the experience change you?

---

---

---

How is your life different now because of the experience?

---

---

---

b. Experience #2

What did the experience teach you?

---

---

---

How did the experience change you?

---

---

---

How is your life different now because of the experience?

---

---

---

c. Experience #3

What did the experience teach you?

---

---

How did the experience change you?

---

---

How is your life different now because of the experience?

---

---

7. From the current place on the timeline to the future date(s),

What hopes do you have for your life?

---

---

Where would you like to be in 10, 20, or 30 years? What experiences do you expect you will encounter during those future years? Write those "future" experiences on your timeline.

---

---

When you reach the end of your life, what would you like to have happened to feel fulfilled? Write it at the right end of your timeline.

---

---

---

8. What is one action or change you will make to live the rest of your life in alignment with your hopes and dreams?

---

---

---

## NOTES

---

## NOTES

---

# Highs (Peak Experiences)



# Lows (Valley Experiences)