Life Map Worksheet

Name	Age/Lifestage Location	Age/Lifestage Location	Age/Lifestage Location	Age/Lifestage Location
HERITAGE: How have family relationships, ethnic or geographical influences shaped your life?				
HEROES: What relationships influenced your character/shaped your direction (positively & negatively)? Explain.				
HIGH POINTS: What experiences were especially difficult or painful? Why?				
HARD TIMES: What experiences were especially difficult or painful? Why?				
HAND OF GOD: When/how have you seen God's hand at work in your life? List specific events that illustrate this.				