



**Purpose:** This activity is an opportunity to reflect on events or experiences that you have had and would like to have later in your life.

Think about the events in your life that have had significance. Create a map to represent how your life has developed so far. Start your life map with your birthday. Continue placing events of significance along your map pathway by labeling dates with a description of the event and/or a hand-drawn picture or pictures to represent your experiences. Some of the events may include both happy and sad experiences. For example, your first pet, going to kindergarten, riding a bike, family vacation, loss of a relative, moving, losing a competition or not making a team, receiving an award, graduation.

When you reach the point of all events that have happened (20 events), place a label marked “current” and then label at least 5 remaining events that you would like to experience as your life continues. For example, future experiences or goals that might include graduation from high school, college, getting your first job, getting married, owning a home, new car, having children, and any other special events or goals that you can dream.

You will refer to your life map throughout the year and watch your life unfold. It is important to remember that you cannot change the things in your life that have already happened to you, but you can do something about your future and the goals you set. Remember **“YOU CAN MAKE IT HAPPEN!”** Happy Trails to YOU!!!

**Past Events:**

1. YOUR BIRTHDAY
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

**Five Future Goals:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

