

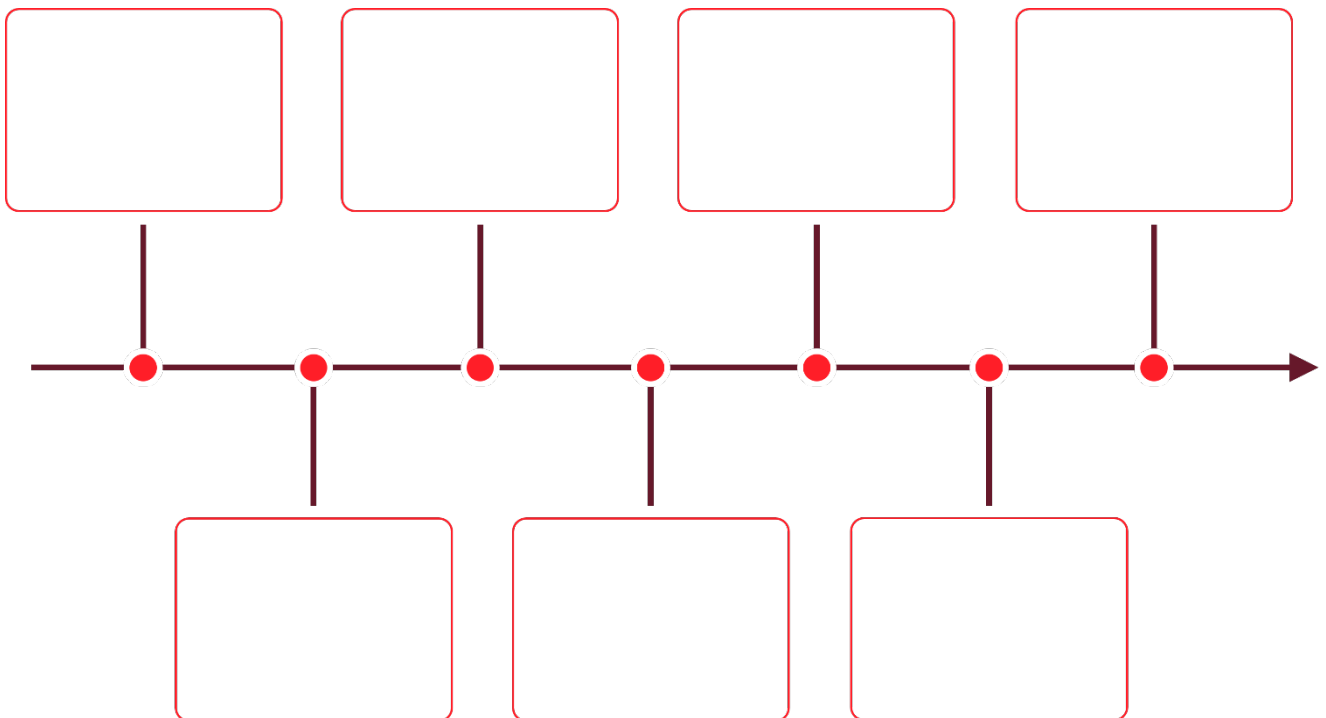
## Timeline

**What events have had a considerable impact on your life?**

Mark them on the timeline below. Then reflect on the following:

- How have these events affected you?
- What affected you?
- Were you together with anyone in particular?
- How did you feel?
- What were the consequences?
- How did you move on?
- What did you learn from it?

Jot down your conclusions and briefly write down your reflections beside each event on the timeline.



The diagram shows a horizontal timeline with seven red dots and an arrow pointing to the right. Above the timeline, four empty red-bordered boxes are connected to the first, third, fifth, and seventh dots by vertical lines. Below the timeline, three empty red-bordered boxes are connected to the second, fourth, and sixth dots by vertical lines.

**During which of the events on the timeline did you feel genuinely satisfied with yourself and the situation you were in?**

What characterised these situations?

Who did you have around you?

What characterised their involvement?

At which points did you use your potential to the max? Also consider those situations when you weren't satisfied with yourself – what characterised them?

**Based on what the timeline shows:**

What do you need to do to get more of what means a lot to you and to give you a sense of cohesion?

What would give you more high points in life?

What do you need or what can you do already?