HUMAN LIFE PROJECT ® LIFE DIAGRAM

Name (Initials):   **Age:**   **City/State:**   **Date:**

High point

Low point

Age or Year

We are each a unique human life project.

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Name (Initials):   **Age:**   **City/State:**   **Date:**

A life diagram is a graphic snapshot of the most significant days and events in your life.

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

G. _____

H. _____

I. _____

J. _____

K. _____

L. _____

M. _____

N. _____

O. _____

P. _____

Q. _____

R. _____

S. _____

T. _____

U. _____

V. _____

W. _____

X. _____

Directions:

1. **List life events in left hand column (brainstorm)**
   Tip: categories might include vacations, hobbies, sports, nature, family, relationships, celebrations, faith, health, community, education, job, & country

2. **Label timeline at bottom of diagram by equally dividing 20 spaces by age or year**
   Tip: individual use age and family/group year

3. **Transfer each life event by writing A, B, … on life diagram according to age/date and emotion**
   Tip: locate letter near top for high point (happiness) or bottom for low point (sadness), middle line neutral

4. **Draw circle around each letter**
   Tip: circle size based on impact over time, larger circles for greater impact

5. **Save life diagram and review/revise in few years**

6. **Optional: send a picture or copy of life diagram to Human Life Project for research purposes**
   e-mail: jennyranville@humanlifeproject.com

Additional Comments:

Information: www.humanlifeproject.com