



LIFE MAP WORKSHEET

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