

Personal Timelines

A Personal Timeline is a visual representation that outlines significant events, milestones, and experiences in an individual's life, usually arranged in chronological order. It serves as a concise and organised way to get to know each other, which showcases key moments, accomplishments, and transitions, and provides a snapshot of a person's journey from birth to the present – or even into the future.

Process

Mark key events (rather than a complete chronological story!) along the timeline, placing the higher moments above the line, and the lower moments below.

Think about

- Personal failures: how they influenced you, what you learnt from them, and how (with the benefit of hindsight) they changed your path forward
- The background and sequence of events that led to personal highs: what mindset or attitude influenced their happening? What brings you joy? What drains your energy?
- Key people in your life, where they entered your lifeline, and how that came about and influenced you
- Any key life lessons or tipping points
- Look out for moments where your mentee becomes visibly energised. Some incidents in their life will have given them energy, while others will have drained them. Highlight what you notice about this energy flow
- Use the Timeline to explore reasons or motivations for certain events or directions. Look to understand the decision-making: are there any patterns emerging? For example, what we consider important can change over time, or can differ at different stages of our lives. How we feel about our experiences can also vary
- Make notes which you can refer to later, during the discussion. When you are giving feedback, use these notes to inform observations or comments

My Personal Timeline

