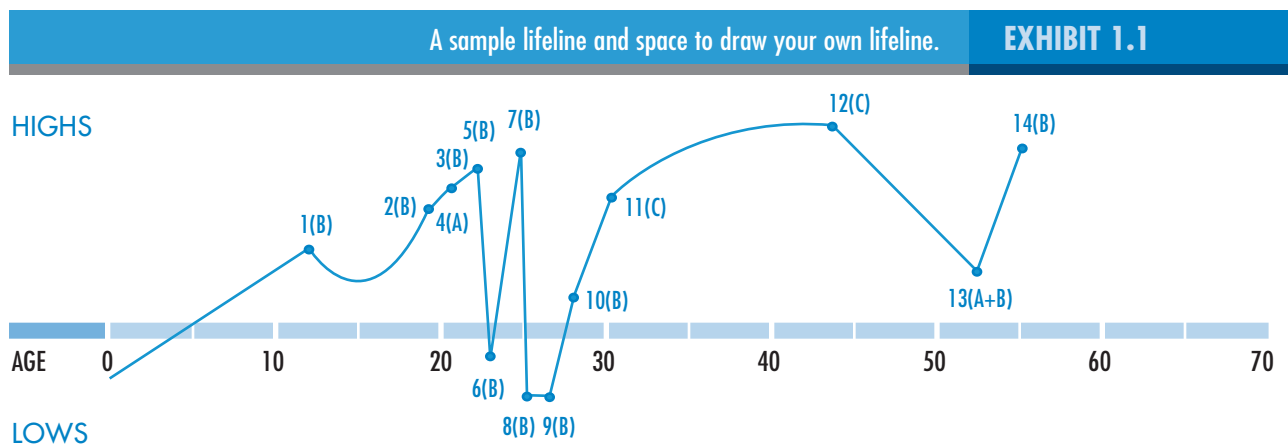


Now you can transfer these memories onto the lifeline. It may help to use symbols to save space (e.g., A = people, B = events, C = jobs).



1. Leadership award in sixth grade (age 12).
2. Chosen student ambassador to France—sophomore in college (age 19).
3. Spent senior year in France (age 21).
4. Met significant person in my life (age 21).
5. Graduate school in New York (age 22).
6. Move from New York to Missouri (lost friends and career contacts) (age 23).
7. First professional job (but not my ideal job) (age 24).
8. Fired! (A bona fide case of sexual harassment!) (age 25)
9. After being unemployed for nine months, volunteered at career planning center and learned new skills (age 26).
10. Began my own serious job search, identified my ideal job (career counselor) in ideal setting for me (community college) (age 27).
11. Success! Landed perfect job for me! (age 30)
12. Was still learning on my job and began to explore further options and/or career enrichment opportunities (age 44).
13. Began to deal with my parents' mortality and my own aging (ages 50–54).
14. Seeking balance, giving back to the community, planning for increased leisure and continuous lifelong learning (age 55).

*Now draw your own lifeline below:*

HIGHS



LOWS