

My Success Timeline



Try this when

you feel overwhelmed by challenges

You will need

Paper, ruler, markers, pen

15 minutes

Draw a straight line across the whole page with a ruler, then use this to create a timeline representing yourself. Draw your younger self at one end and the current version of you at the opposite end. Think of five challenging times that you overcame in your life, and put them on the timeline. At each point, write down things that helped you through that episode.

Self-reflection

Were you able to identify events you have overcome? How did it feel to review them? Were you able to recognise your own coping skills?