









Creative Exercise:

The line below represents your life--from birth to this moment. Using slash marks, divide the line into three or more periods and above them identify them: (a - childhood, b - adolescence, c - youth, d - college or service, e - first job, etc.).

Underneath the line, jot down where you lived during these times.

On the line, put the following symbols:

-  When a crisis occurred in my life
-  When you were recognized for outstanding achievement
-  When you were humiliated or suffered a failure
-  When God became more than a name to you
-  When you grew spiritually
-  When you went back spiritually
-  For any happy surprises
-  For times of doubt and disillusionment

If you have time, go back and make a color drawing of your lifetime, choosing various colors and designs to describe each period.

For instance: for childhood, you might use yellow and draw a big smiling sun. Express your feelings.
