

0-6 7-13 14-20 21-27 28-34 35-41 42-48 49-55 56-62 63-69 70-76 —

STOP! *Not once, but several times. Until this exercise runs out of juice.*

In your journal, revisit each of the cycles of your life. Where did you live? What were the best, sweetest times you remember? The worst, unhappiest times you remember? What were you good at? Not so good at? Learned to become good at? Challenges? Denied hopes and dreams? New interests developing? Vacations? Childhood memories? What did you learn about yourself and about life in each time period? Physical, emotional, intellectual, spiritual developing? Beliefs about your possibilities?

After you've revisited each cycle in depth, take some time with your notes looking for patterns. What has always been pleasurable? What seems to matter in your life? To what do you gravitate? If so inclined, sketch a simple picture for each cycle or decade. Let the images that emerge give you a fuller picture of you in that time period.



Your past can be the source of information about the skills and gifts that show up repeatedly, which have become “satisfiers”. What has been the path of your growth? How has your perspective changed as an adult looking back? What are the seeds and blossoms within your life story that warrant naming, nurturing, and nourishing in the years to come? And, of what would you like to let go?

STOP! *Enjoy the your path to the present. Then ask yourself, “What am I needing now?” What’s calling to me now?*