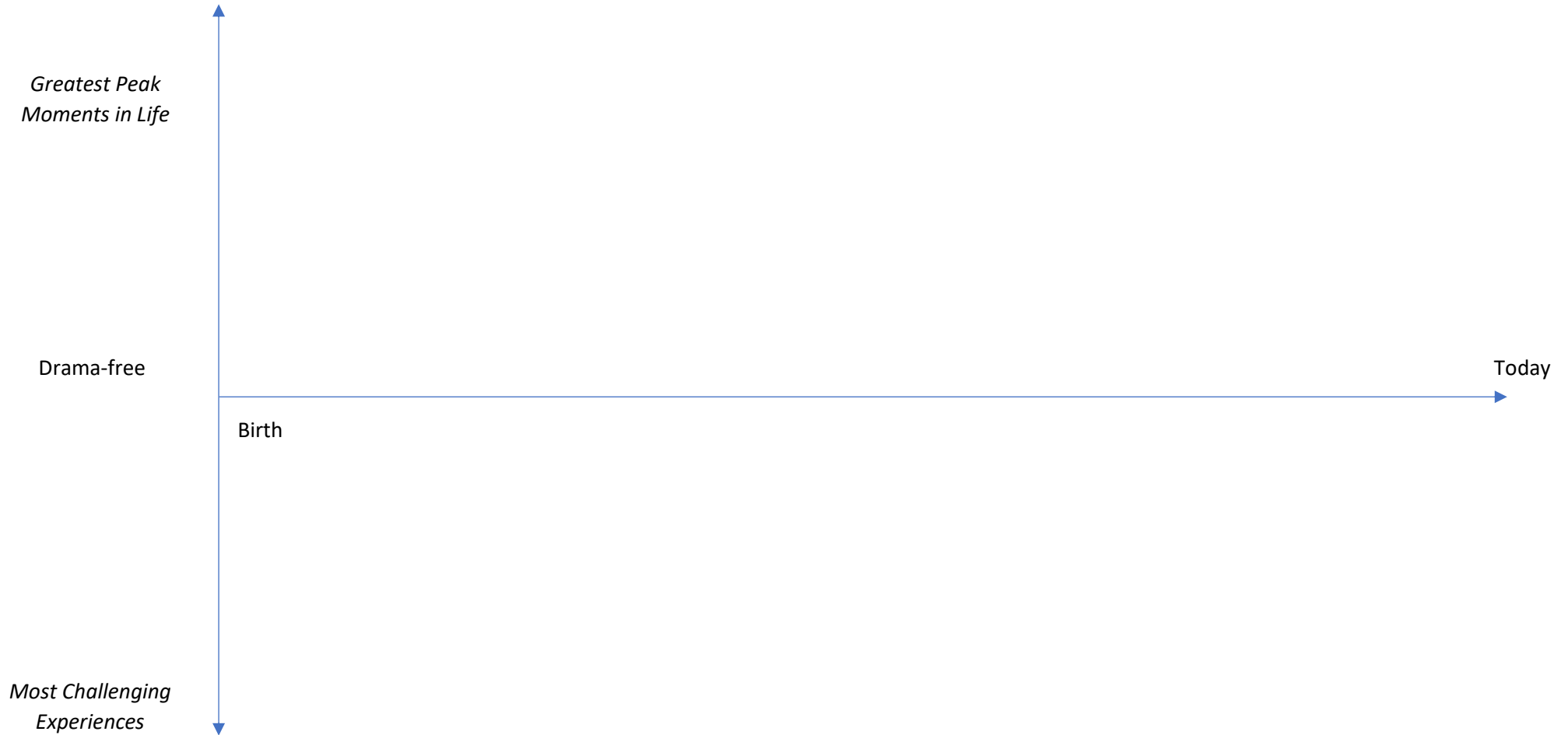


Peak and Pits

EXERCISE: Think about your past experiences, on the timeline below plot your significant life events in order – your peaks and your pits – using the scale on vertical arrow. Add a line connecting the points



REFLECTION: What made your peaks events so special? Did you do anything differently to get there? With your challenging life events – what was it that pulled you out? What did you do differently?