

Spiritual Geographying Exercise

0-----10-----20-----30-----40-----50-----60-----70-----80+

Instructions:

- 1) Indicate the three most challenging periods of your life with a ↓ below the timeline.
- 2) Mark the three most life-giving periods of your life with a ↑ above the timeline.
- 3) Assign a simple theme to each of these events.

Most Stressful Episodes in Your Life:

- 1) _____

- 2) _____

- 3) _____

Most Life-Giving Times in Your Life:

- 1) _____

- 2) _____

- 3) _____

Reflect on the correlation between both sets of events.