**Life Map**

Think back over your life, from birth to the present year. What were some of your best experiences? What were some of your worst? Plot your life map below, with the best experiences at +5 and the worst at -5, with others falling in between. Label each dot and connect the dots. Then consider each dot. Could you describe the experience in a phase autobiography? Select an experience that you would like to write about.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| +5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| +4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| +3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| +2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| +1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 0 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| -1 | 1Years | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| -2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| -3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| -4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| -5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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