



My rich life picture

A simple guide for learning through your rich life picture

1. First, draw your rich life picture.

A good place to start is by drawing yourself in the middle of the page.



You can then draw the relevant events around the outside of the page.



Once finished, draw lines connecting these events together as appropriate, and/or arrows to show that one affected another.

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2. Now think about what you have drawn in your picture. Use the box below to make notes which explain what you have drawn. Start with where you are now and then move on to the other parts of the picture.

3. Which events in this picture have changed your life the most and why?
Use the box below to make notes.

4. Can you see similar events that happened more than once in your picture?
What are they?

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5. Do you see any other important events in the picture where your life really changed? If so, what are they?

6. Which life experiences in this picture have either influenced your career or your hopes for your career the most? Why?

7. Have a final look at your rich life picture. Would you say your life has been changing a lot or has it been quite steady? Why?