

ROGUE FORUM

Lifeline Presentation

Map the key moments that shaped your life.

Think of your life from birth until today. Identify the **high points**, the **low points**, and the **significant events** that influenced your journey. Plot these moments on the graph below.

- **Top of the scale** = Life was great
- **Middle of the scale** = Life was average
- **Bottom of the scale** = Life was difficult

Use this exercise to reflect on your experiences and gain insights into your personal growth.

You will have the opportunity to share this with your Forum during a designated meeting. Your goal isn't to entertain, impress, or justify your life—it's to authentically and openly share your life's journey.

