

The Vance Caesar Group

Premier Leadership Coaching

Life is an adventure. Let's explore the cycles of your life. On this page, please plot your life line, since its beginning until today, showing peaks (high points of achievement and happiness) and valleys (discontent, disappointment or loss) and dating each.

Earliest I can remember Today

When you are finished ask yourself:

1. How did I create the peaks?
2. How did I get out of the valleys?
3. What did the valleys teach me?
4. What is common about the peaks?
5. What is the most important thing I could do consistently well, which would create the pattern I want for the next 3 years?
6. What would get in the way of me doing that?

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