Life Timeline Mapping



Draw a vertical timeline from your birth until today. Include positive and negative/traumatic events. Highlight each point:

- Yellow = Positive or joyful event or achievement
- Red = Traumatic/overwhelming event
- Blue = Sad, emotionally painful event
- Green = Moments of pride, growth, resilience



Print additional sheets and continue adding if needed.

icarusbehavioralhealthnevada.com | 702.723.4774