



Positive Psychology – Positive Lifeline Exercise

This exercise is designed to increase the **quantity** and **intensity** of the positive deposits in your personal memory bank, in the unconscious mind. It is a great support to us in helping foster a feeling of happiness and well-being, which facilitates sustained Mindfulness practice. It is part of building the 3:1 Positivity Ratio.

On the first line, imagine that you were born on the extreme left side of the line. Write down your birth date or put in Age 0.

Now, imagine that the bottom right on the last line of the page represents where you are now. Mark down the date, or you can put your age.

Between your birth and now, many things have happened that have impacted you in a positive way. Think about those events or milestones and mark them on the lifeline. Even the smallest of things, like getting a gold star in school or someone giving you a compliment that you can remember, are important enough to be included.

Some other categories to put on the lifeline could include:

- Important people in your life (put their name on the timeline when you first met)
- Important happy events
- Times when you felt especially joyful in your life
- Special achievements

For the purpose of this exercise, it's important to put in only **pure** positives. This is not a Pollyanna approach; we have all experienced life's challenges and lessons. This exercise is to place our attention solely on the positives.

Positive Lifeline

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Reflect on your lifeline and consider:

1. What underlying themes or insights emerge?

2. What important lessons do you recall?

3. When have you experienced being “in the flow” (times where you felt life and/or career was highly energized, meaningful, inspired, and/or effortless)?

4. At the high points, describe what made it so positive.
