



ROUND
TABLE

A Life and Business Changing Experience



Curriculum:

Developing Your Personal Lifeline

HOW LIFE EXPERIENCES SHAPE YOU AS A LEADER



Developing Your Personal Lifeline

We are all a product of two things: nature and nurture. Personality, biological makeup, and the way in which we were raised all play a part in shaping our lives. The experiences we have been through shape and form our outlook, decisions, and attitudes about the way we handle situations today.

We are going to look at our experiences (good and bad) from our childhood to today and consider how they continue to influence and shape us. We will analyze how those experiences and our responses to them impact us, and particularly how they play a role in the way we conduct ourselves in all aspects of life: as a spouse, parent, business leader, counselor, friend, and follower of Christ.

Getting to know someone on a personal level is a critical factor in building trust. The better we know and understand one another, the better we can establish a deeper level of trust.

This in turn, allows us to function together at a higher level, and positions us to embrace healthy conflict, which is critical for a group to be able to function well.

The goal of the following exercise is to gain a greater appreciation for what your fellow round table members have been through and give you an opportunity to share your story with them.

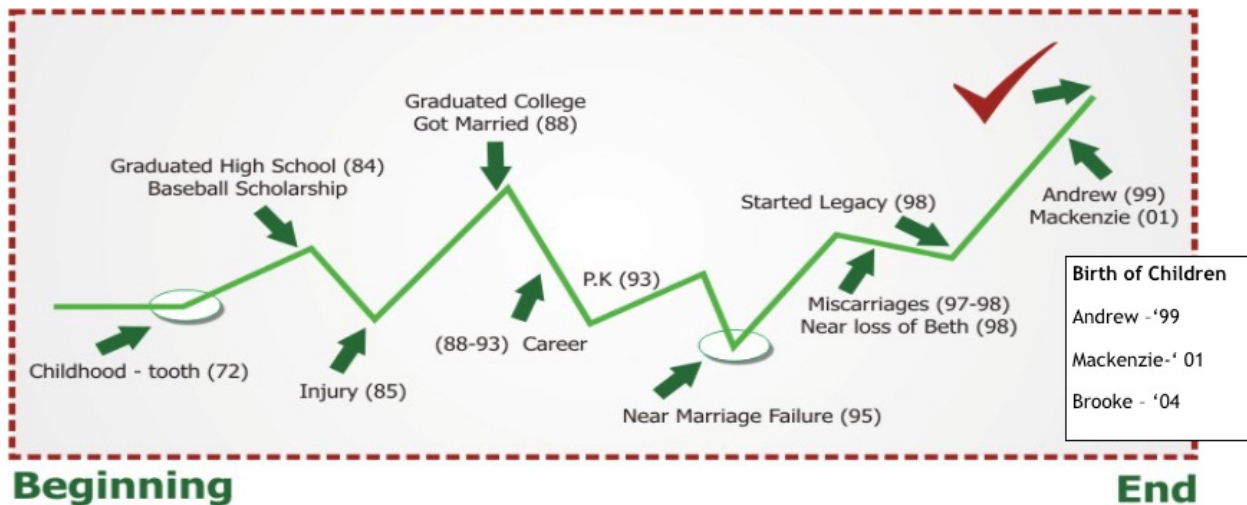




Lifeline Exercise:

A lifeline is a graph that shows the high and low points of your life. It shows the events and experiences that have shaped who you are today. The graph should look like a chart that tracks the growth and decline of a business or stock. To be truly effective, you need to be as authentic and vulnerable as possible when creating your graph.

Below is an example of Ray Hilbert's lifeline:



ASSIGNMENT

● On the next page, draw your personal lifeline:



Beginning as far back as you can remember, draw a graph indicating the high and low points of your life. Include such landmarks as:

- Best decisions you've made
- Major mistakes
- Hurtful or helpful things that were done to you
- Graduation
- Marriage
- Salvation
- Death of loved ones
- Birth of children
- Job transitions
- Accidents that changed your life

Label each part of your graph and include the year it happened. In our next meeting, we will take time to share our stories with one another. In the identified spaces, write down what you learn about the others in your group. Bring copies of your lifeline graph for others in your group to your next Truth At Work meeting.



How have the experiences in your lifeline shaped the way you make decisions or the way you live in:



Business



Family



Community



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- Write a summary (1 or 2 paragraphs) of your thoughts on this exercise, and include any observations this process helped you discover about yourself.

- In the space below, write what you learned about your fellow Truth At Work round table members:

Name: _____

Name: _____

Name: _____

Name: _____



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Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____



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Name: _____

Name: _____

Name: _____

Name: _____

Based on what you learned about your teammates, how will this help you establish deeper trust in working together in the future?



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