

# Life Time Maps: Significant Actions in My Life

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This is a **Journaling Exercise**

**Begin** this exercise by finding a quiet place, where you will not be interrupted, in which to contemplate and journal.

As you read each question, consider:

**What comes to your mind first? And,  
What arises as you continue to contemplate the question?**

- What have been my successes?
- What have been my failures?
- Which of my **behavior patterns** continue to lead to difficulties?
- What have I learned?
- What lessons have I yet to learn?
- What am I drawn to contribute to society and the world?