#14DaysofWisdom
Personal History Mapping Workbook
A personal history map is a visual representation of your life up until this point.

Your map should include the good, the bad, the ugly, and the fabulous parts of your journey so far.

**Personal History Map. Defined.**
Your Mission
Should you choose to accept it...
Instructions: Print out page 7. Draft a visual representation of your personal history.

Note: Don’t worry about creating a literal timeline. The most important thing is that your map is meaningful to you. Be creative.

Use the questions on the next page to guide your brainstorming.
1. If you could relive one moment in your life, good or bad, what would it be?
2. What is one event in your life that gave you courage to be a leader?
3. Who are three people who have contributed to you being the person you are today? When/how did you meet them?
4. To date, what has been your biggest: accomplishment, failure, heartache, regret, and revelation?

Personal History Map. Part I.
Example: LC’s life map
Instructions: Be real. Be vulnerable. Be creative.
Perspective.

“We ain’t where we wanna be. We ain’t where we gonna be. But thank goodness we ain’t where we were.”

-Aunt Mildred
There’s no point in digging up the past unless you plan to do something productive with it!

Part II of the Personal History Mapping process is dedicated to figuring out what role your past is still playing in your life today.

(Yup, turns out pasts can be sneaky like that..)

Personal History Map. Part II.
Instructions: Next to each item on your personal history map, make a note of the following:

• How did I feel when this happened? What lessons did I learn?

• How does this even still impact the way I think about myself, my life, and/or my relationships?
Trust issues. Makes me value stability (to the detriment of taking risks sometimes); strong desire to settle down.

Moving around as a kid

Mom getting sick

First really big “I made it moment,” proud of myself but because so close to my rural roots, constantly reminding me where I come from.

Caretaker instinct went into overdrive; had trouble developing boundaries — still struggle with that today; plus just sad to see my mom suffer. = guilt over being happy when she’s sick.

Graduating from Duke

Sexual assault

Validation, credibility

Long-term relationship

Not fully over it yet

My first job after college – co-teaching a class on power, identity and privilege made me realize: I love educating, I love working with women, I love talking about issues of identity and leadership

Starting my blog

Sadie Nash

Helping me believe that my dreams are possible; pushing me to be vulnerable... in public; conquering fear of failure

Being in a relationship has taught me so much about myself, challenged me to be better and to define what I want and need, pushed me out of my comfort zone, emotionally

Example: LC’s life map
Now that you’ve finished this activity, come share your insights with the rest of us! Specifically:

1. How did it feel to do this activity?
2. Did you learn anything that surprised you?
3. What are the top 2-3 things from your past that are positively or negatively influencing your life today?

**Personal History Map. Reflection.**
This workbook is an activity of Colored Girl Confidential’s 14 Day Inner Wisdom Diet.

To access the rest of the activities and make a big, beautiful, and audacious change in your life, check out www.coloredgirlconfidential.com..