

Mentorship Program

Where Have I Come From?

Looking back on your personal and professional journey can provide insight into the types of events and people that have significantly contributed to your development.

Personal Timeline Exercise

The line below represents a timeline of your career and life journey. Reflect on your journey and mark the milestones and significant events you have encountered along the way. Include challenges, successes, disappointments, and transforming events that have occurred in your personal life and career.



Reflect on the significant events in your timeline and answer the following questions:

- 1. How did these milestones impact my personal development and why?
- 2. What successes am I most proud of? How have these added to my personal growth?
- 3. How did I overcome my major challenges? What lessons did I learn about myself?
- 4. How am I different today than I was five years ago?
- 5. What do all these milestones have in common? What can I learn from this pattern?