DEVELOPING Your Personal Lifeline...
We are all in many ways a product of two things: Nature and Nurture.

The discussion regarding how our behavior and outlook on life are impacted by our own personalities, biological makeup etc, vs. the way in which we were brought up has been the focus of countless arguments and discussions in this age old debate.

Whether it is our nature or the way that we were nurtured that most influences our perspective on life is not the point of this particular discussion. Perhaps that is something to consider for a future topic. However, without question, the experiences we have been through in our lives do indeed shape and form our outlook, decisions, and attitudes about the way we handle things today.

In this month’s Edge content, we are going to learn more about one another, and likely learn more about ourselves as well.

We are going to take a look back over the experiences we have had in our lives, from our earliest childhood to today, and consider how those experiences (good and bad) continue to influence and shape us today.

We want to analyze how those experiences and our response to them continue to impact us, and particularly how they play a role in how we conduct ourselves in the roles of spouse, parent, business, leader, manager, counselor, friend, follower of Christ, etc.

In the book we have been discussing for the past few months, *The Five Dysfunctions of A Team*, author Patrick Lencioni points out the importance of team members getting to know one another on a personal level as being a critical factor in building trust. We can all agree that the better we get to know one another, and the better we can come to see “what truly makes each one of us tick,” the better we can understand each other, and thus we can establish a deeper level of trust. This deeper level of trust allows us to function together at a higher level, and particularly positions us to embrace and welcome healthy conflict, which we now understand is critical for a team or group to perform at a higher level.

In the fable in the book, during the leadership retreat, the CEO facilitates a process of the leaders sharing more of their personal stories, backgrounds, experiences, etc.

In this month’s Edge Mentoring meeting, you are going to conduct a similar exercise. By doing so, you will certainly gain a greater appreciation for all that your fellow roundtable group members have been through, as well as have the opportunity to share your story with them as well.
“Life-Line” Exercise

In the provided area that follows, you are to draw out a graph or chart indicating the “high points” and “low points” of your life thus far. These are the events, experiences, opportunities, tragedies, celebrations, etc. that have helped shape who you are today.

The graph should look much like a chart that tracks the growth and decline of a business or stock. It should include those things that have had a major impact on your life and should include such things as:
• Major mistakes that you have made
• Best decisions you have made
• Hurtful things that were said or done to you
• Helpful / encouraging things that were said or done to you
• Deaths of loved ones/friends
• Marriage
• Salvation
• Tragedies/accidents that changed the course of your life

In order to be truly effective, participants in such an exercise must be transparent, authentic, and a willingness to be vulnerable in front of their peers. We ask that you “take off the mask” and be 100% authentic and real as you draw out your graph.

Let’s take time to draw out your “life-line.”
To give you an example, Ray Hilbert has provided his Life-Line Exercise below.
Your Life-Line

Assignment
In the box below, you are to draw out your Personal Life Line graph. The results of this exercise should look much like a business chart, with “peaks” and “valleys.”

- Beginning as far back as you can remember, draw out the “highs” and “lows” of your life to this point.
- Include such landmark events in life such as the death of a friend or loved one, graduation from high school or college, wedding day, divorce, birth of child(ren), lost job, major promotion, etc.
- In addition to the actual graph, label each part of your graph and put a year or your approximate age when it happened.
- Answer the questions in terms of what this exercise revealed about yourself (see next page)
- In our next meeting, we will take some time and share our stories with one another.
- In the identified spaces, write down what you learn about the others in your group.
- Bring 15 copies of your “Life-Line” graph to your next Edge Mentoring meeting. Each person will be given a few minutes to share their story with one another.

My Life Line
Reviewing your “Life-Line” Exercise

What most stands out to you about your Life Line?

How have the “high” points shaped and influenced you?

How have the “low” points shaped and influenced you?

How have you leveraged your “low” points to help and serve others? (Be specific)

How have some of the experiences listed in your “Life-Line” graph shaped the way you make decisions, or the way you lead and/or live life in:

The Business / Organization in which you work
How have some of the experiences listed in your “Life-Line” graph shaped the way you make decisions, or the way you lead and/or live life in:

- Your Family

- Community

Write a brief summary (1 or 2 paragraphs) of your thoughts on this exercise, and include any “a ha” observations this process helped you learn or discover about yourself.
In this section, you will be given the opportunity to write down anything that you learn and/or observe about your fellow Edge Mentoring Roundtable members.

Name__________________________

Name__________________________

Name__________________________

Name__________________________

Name__________________________

Name__________________________
What I learned about my Roundtable Group Members

Name__________________________

Name__________________________

Name__________________________

Name__________________________

Name__________________________

Name__________________________
What I learned about my Roundtable Group Members

Name__________________________

Name__________________________

Name__________________________

Name__________________________

Based on what I learned about some of my teammates, how will this help us establish deeper trust in working together in the future?
What I learned about my Roundtable Group Members

Name__________________________

Name__________________________

Name__________________________

Name__________________________

Based on what I learned about some of my teammates, how will this help us establish deeper trust in working together in the future?
For the Next Edge Mentoring Meeting

— Visit the Online Content Portal
— View all videos associated with next month’s Curriculum (Intro Video-Session-Topic Summary)
— Completed homework / assignment of Edge materials
— Prepare any issues for discussion
My One Good Idea This Month...

“A Life & Business Changing Experience”