

**OGOLEAD**  
WITH DAVID NOVAK

*KNOW YOURSELF*

**LIFELINE**

exercise



“Knowing others is intelligence; knowing yourself is true wisdom.”

- T O A T E C H I N G

**It's crucial for a leader to know who they are and where they've been. This helps ensure you can be your true best self. The following exercise is an invitation to take an honest look at your past and think about the events that have most deeply shaped you, your values, and your goals.**

Reflecting on your past can help you understand who you are and what you've learned from events in your life.

**HERE IS A COPY OF  
MY LIFELINE AS AN  
EXAMPLE.**

*Didi Monk*



I still look at and add to it from time to time to remind me of where I've been, what I've learned, and what lessons have not come easily to me.

# myLIFELINE exercise

## Step 1: Make A List of The Key Events In Your Life

Consider events such as graduations, marriage, death, job changes, etc. Also include key experiences such as victories you've achieved, crises you've endured, fears you've overcome, stands you've taken and lessons you've learned.


# myLIFELINE exercise

## Step 2: Plot The Events

Place points above and below the horizontal line to correspond with the intensity of emotions that accompanied each event or experience. Once you feel comfortable you have captured the events and experiences that have shaped you, draw a line connecting the dots.



# myLIFELINE exercise

## Step 3: Self Awareness Questions

To be a better you, you need to understand who you are and how you got where you are today. Use this exercise to reflect on the events and experiences on your lifeline and how they impact how you lead today.

What insights or patterns emerge? Are there any similarities in the high points? Low points?

What experience(s) on your lifeline have most affected the way you manage and lead today?  
What did you learn from each experience?

Who were the people who have had the greatest impact on your lifeline? Who has led you?  
Thwarted you?

If someone else looked at your lifeline, what would they say mattered most to you? Why would they say that?

Going forward, act on your insights to be the best person and leader you can be.

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