

① How to draw a ...

# River of Life



## Source

(Where it begins)

- my early life
- where I come from

## Mountains

(Big influences)

- people who shaped me
- important life lessons

## Rocks & Boulders

(Challenges)

- hard times
- obstacles I faced

## Calm Waters

(Good times)

- happy memories
- peaceful moments

## Bridges

(Support systems)

- people who helped me
- friends, family, teachers
- guides and mentors

## Rapids

(Tough times)

- upsetting events
- difficult emotions

## Bends

(Changes & choices)

- new directions
- turning points