

Your Timeline is a record of your own life experiences.
YOUR LIFE STORY

Everyone has a personal timeline that began the moment you were born – in fact it can have information from before you were born, because your family history and circumstances will often have an impact on your life story.

Your timeline consists of the highs and lows in your life, and these can be represented by the positive and negative experiences and emotions.

Putting this timeline on paper is a great way to record your life story and see the different cycles in your life.

It enables you to see vital information about your past, it helps you to recognize all of the achievements and successes you have had already, which will then create a sense of purpose for your future.

To create YOUR TIMELINE take the following steps:

Take some time-out: Find a quiet place where you won't be disturbed or interrupted. You may feel more comfortable doing this process by hand, however for the Stage Fright Away™ Process you will need to transfer it to your phone or computer.

(You can do this by either typing it all in or completing the sheets in this document and scanning them or simply take a clear photo of the hand written sheets.)

Write a detailed list of event as they pop-up into your memory, and be sure to include any significant milestones that have positive or negative emotions associated with them, noting those emotions too.

Start with the earliest life story event you remember and move forward through time into the present. If you find that events and episodes are not coming readily to mind, just put down what you can remember and then take a break. You can go back to this exercise anytime and fill in more details.

For each life story event record the date and summarise it in a few words and make sure to leave space for emerging memories.

There is no right or wrong way to do this, start putting your memories down and allow the process to flow.

This is a very deep and personal experience be as honest as you can, you are not being judged on this, and your openness and honesty will allow us to go deeper into the work of clearing your stage fright and building confidence and conviction.

Keep the event in the correct order and sequence if you can – there may be times when you are not certain of the sequence, if this happens just indicate it approximately.

Now be aware that past life story event can be difficult to bring up and uncomfortable to face again, but this is a cathartic process and helps to begin the unraveling and release of old hurts and fears. You can use EFT to help process the emotions that come up and support you during this process – here is a blog and video to guide you through this process. <https://stagefrightaway.com/overcoming-performance-anxiety/>

Make sure you include your medical history and if you have any medical diagnosis write those down too.

Don't be overwhelmed by this exercise, it may sound like a lot to do, but you do not need to finish this in one sitting, in fact don't expect to finish it on your first go!

Take your time, do as much as you can and then come back to it another day.

You can continue to update this anytime, and add to it as new life experiences, events and milestones happen. After all this is the story of your life – Past, Present & Future.

It's not just about your past, it is a living document and grows as you do over the course of your life.

Include your dreams, your hopes and your aspirations, include the future picture of the life you want to create for yourself. Paint the picture of your perfect possibilities.

Warmest wishes to you,
Marion

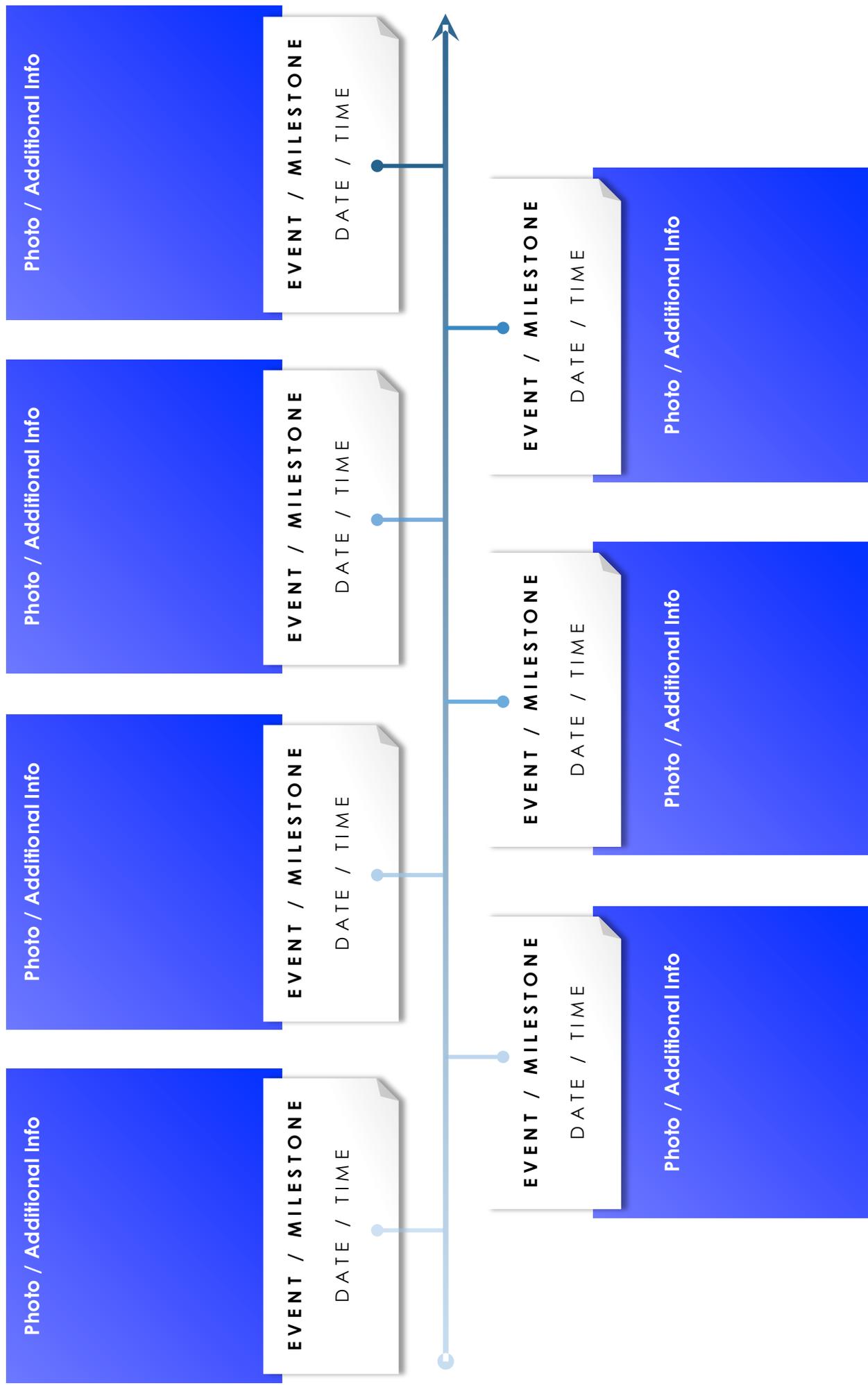
You can find out more at www.stagefrightaway.com

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PERSONAL TIMELINE TEMPLATE

TIMELINE TITLE:



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