



River of Life

Step 1: Reflect

Think about the course of your life. Take a moment to consider the following questions:

- If your life were a river, what shape would it take?
- Where are the bends and turns, when your situation or perspective changed? Was the transition smooth or sudden?
- Are there rocks or boulders — obstacles or life-altering moments — falling into your river?
- Are there points at which it flows powerfully and purposefully or slows to a trickle?

Step 2: Frame

Begin to chart your river of life with its bends and turns, smooth waters and rough spots, strength and vitality on a sheet of paper of your choice.

- Label your approximate age and/or dates along the flow of your river.
- Identify various key events in your life that shape your story - the boulders in the river or places where the river changes course.
- If you were to divide your life journey into sections, where would the divisions occur?
- Name each section of your life river, but try to minimise the use of words and numbers.

Step 3: Evaluate

Note what has been important to you.

- What values, commitments, causes, or principles were most important to you at a given point in your life?
- Toward what goals, if any, were your primary energies directed? Or, metaphorically speaking, what purposes and ends helped to shape the flow of life waters at a given time in your experience?





As you finish depicting your river of life, review the whole diagram. Do its symbols and words seem to portray how you think and feel about the whole of your life? Is there some important element left out? Make adjustments as needed. Remember that no diagram can possibly capture all that shapes your journey. You can share your River of Life with others or simply use it as a tool for personal reflection.

Resources:

Sheets of paper (have plenty of sheets of paper, from A4 to A3 to A1 sizes so that participants can choose which ones are more appropriate for them), pens (have plenty of coloured pens, pencils, markers for people to use)

Total time 2,5 hrs (step 1&2: 60 min; step 3: 90 min)

Sources:

<https://www.recipesforwellbeing.org/the-river-of-life/>

<https://trainings.350.org/resource/river-of-life/#::~text=Think%20about%20the%20fast%2Dmoving,least%208%20minutes%20to%20draw.>

<https://onbeing.org/wp-content/uploads/2019/05/on-being-river-of-life-exercise.pdf>



Co-funded by the
Erasmus+ Programme
of the European Union