



Time Line Tool

Sometimes, when we are faced with taking on new challenges and are finding it tough, we can find it difficult to think of a time when we have succeeded. Can you think of a time when you felt demotivated, stressed or low in mood and just thought, 'I can't do this', 'I don't know how', 'I don't have the skills, experience or attributes needed to overcome this'? Many of us have experienced these thoughts and feelings, and we know that they can de-rail us from our ultimate goal. So, what can we do to support ourselves during this challenging time?

A time line can be used to identify three things; the evidence of times you have overcome difficulties in the past, what skills you have learnt from these experiences and lastly, what this suggests about you as a person. Have a look at the example below to give you an idea of how to use the Time Line Tool.

Event: passing my driving test
Skills learnt: co-ordination!
Being able to think clearly under pressure. How to be a safe driver.
Identifying the most suitable route for a trip.
How to maintain a vehicle.
What does that say about me?: I am resilient.
I am intelligent.
I am coordinated enough!
I am good at taking instruction.
I am a responsible person.
I am trustworthy.
I am a competent driver.

Event: reading a poem at my best friend's wedding
Skills learnt: public speaking e.g. voice projection, breathing exercises, voice warm up routine.
What does that say about me?: I am a valuable person in my best friend's life.
I am trustworthy.
I am a generous.
I am a good friend.

Event: finishing a book I have been read for six months.
Skills learnt: perseverance.
Problem solving/looking for solutions.
What does that say about me?: I am successful.
I am strong willed.
I am realistic.
I am intelligent.
I am a reader.

The events do not have to be life changing, or something hugely significant. The day-to-day challenges you overcome on a regular basis are also helpful to note down. This Time Line Tool is here to help you identify and remind you of your past experiences, skills and capabilities (that we sometimes forget), when faced with adversity or challenges when changing our behaviour.

We are all different, so it is important to take the time and think about your time line and how you would complete it. Remember, there is no right or wrong here. If we review and reflect on what we have done before, it can help us to stay motivated, have focus and give us a sense of being in control and having the capability to succeed with our current goals.

Have a go yourself, good luck!



My Time Line Tool

