

*Staying on*  
**TRAC**™  
COACHING SYSTEM

**Creating *Your***  
**Post-it Note**  
**Time Line**

LEADER Breakthru

# TRAC™ Time Line

Trajectory



## Step-by-Step

### Creating A Post-it Note Time Line

Supplies: Standard Poster Board (cut in half)  
Smaller Post-it Notes - 4 Colors

#### STEP ONE BRAINSTORMING EXERCISE

God has been at work throughout your life shaping you for a unique and ultimate contribution to His Kingdom.

“For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. “ --- Ephesians 2:10

Note: As you begin the process of journaling your story, events and details of your life will return to your memory that you may not have thought about for a while. Some may be good, and some may be difficult. Our purpose is not simply to “drag up the past” but to help you gain insight from the past that can help guide you in the future. The use of post-it notes helps you be able to build your time line and add events as you remember them.

Using your first color of post-it notes (preferably YELLOW):

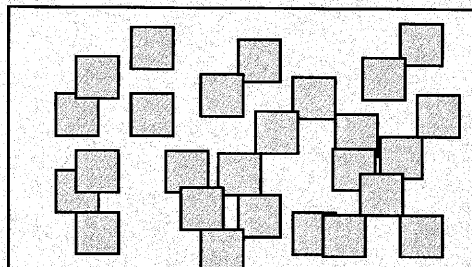
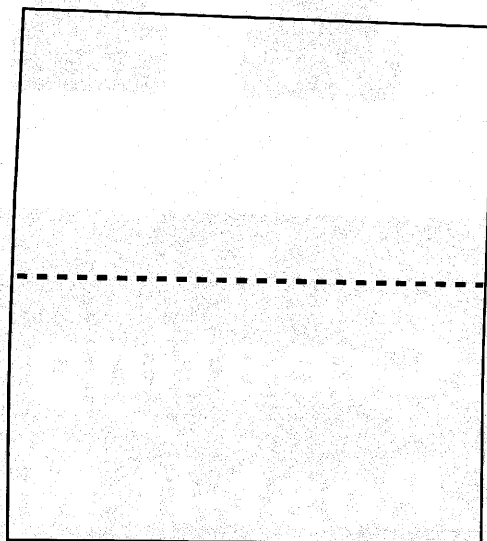
Begin with a brainstorming exercise to surface the key people, events, and circumstances that have shaped your life up to this point. Remember: The law of brainstorming is that there are no wrong answers.

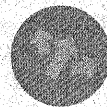
As soon as a name, an important event, or a circumstance comes to mind, write a one to two word name or description on a post-it note. Place the note on the table where you are working, and write another. Brainstorm both good and difficult moments.

(Note: Do not place on poster board yet. Clear space at a table and place the results of your brainstorming on the table).

Some helps:

- the people who influenced and shaped your life: (ex., friends, family members, classmates, work associates, peers, mentors, pastors, spouse, teachers, church friends and members, etc.)
- the events that have impacted your life: (ex., graduation, awards, projects, jobs, changes in the community, job loss, defining moments, etc.)
- the significant circumstances that have affected your life direction (including any incidents or statements made about you before your birth - ex., where you lived, job demands of your parents, early childhood experiences, places you lived, schools you attended, ministries you were involved in, retreats you attended, etc.)





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### STEP TWO PAINFUL MOMENTS

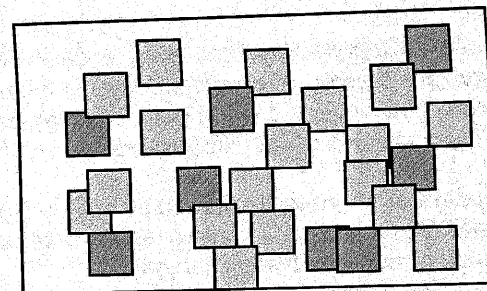
Everyone has experienced difficult and painful moments. We know as believers that God works these together for good. In spite of the pain caused, God can take these experiences and use them for good or bring good out of them.

“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose” (Romans 8:28).

The next step is to take a look at all the post-it notes you have assembled and ask yourself, “Which of these were painful or hurtful when I experienced them?”

Once you have identified those that were painful, transfer what you wrote on the original yellow post-it note onto a pink note.

Why? This causes you to acknowledge those experiences as difficult or painful. God does some of His greatest work of shaping in and through some of our most difficult moments. Continue your brainstorming recalling both good (yellow notes) and painful events (pink notes) and placing your post-it notes on the blank table in front of you. Write one incident per post-it note.



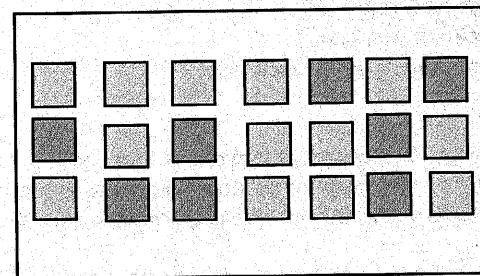
### STEP THREE ORGANIZING YOUR POST-IT NOTES

Our next step is to organize your post-it notes chronologically. First, take your poster board and cut it in half by width. You should have a half poster board that is 14” x 22” in dimension.

(Note: Before you begin organizing your notes, place a post-it note marked with a big “X” at the top and bottom of the poster. Do not place any post-it-notes above or below the two notes marked with an “X.”

Next, organize your post-it notes chronologically, integrating the two colors (YELLOW & PINK). Start on the top left with your earliest post-it note, placing it below the note marked with an “X.” Place the notes on poster board, proceeding down until you reach the bottom note marked with an “X.” Then return to the top.

Continue to add the notes across the poster board in that manner. Your time line moves from top to bottom, and left to right across the board. You have the entire poster board to use.



**Step-by-Step**  
Creating A Post-it Note Time Line

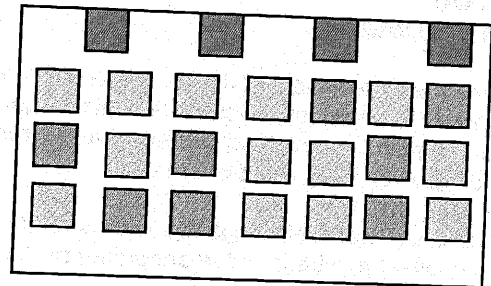
**STEP FOUR**  
**CHAPTERS IN YOUR STORY**

Each time line represents a believer's life. Each life story can be organized into a series of chapters. As you look at the post-it notes now assembled on your poster board, you may be able to see three to five key segments of your life journey.

You should identify no fewer than three and no greater than six chapters. You might want to take a few minutes to move your post-it notes around to reflect these chapters.

Using blue post-it notes, go to the top of your poster board and give each chapter a title. Your chapter titles should reflect your thoughts on your life during those times. Choose titles that show something of yourself. Feel free to be creative.

Example: Some have used movie titles, hobbies, or sports. The key is to choose titles that mean something to you. It's your life story.



**STEP FIVE**  
**TURNING POINTS**

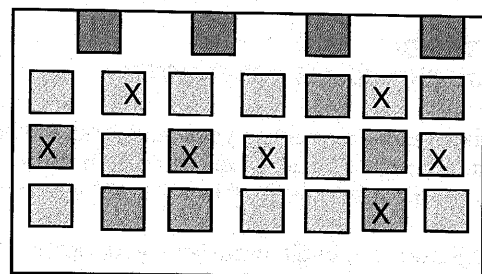
Some of the post-it notes on your poster board are "turning points." A turning point is a life changing event or circumstance. It is a defining moment in your journey when:

- life changed for the good or bad
- someone intervened
- a decision was made
- you moved in a new direction

God works in significant ways and teaches important lessons as a result of turning points. Discovering these lessons is the next step in the process, and this can help guide you into the future.

Begin to identify six to eight key turning points. Once you have identified these, in BOLD letters write the letter "X" on the corresponding post-it notes.

Spend a few moments reflecting on each of those events. If possible, talk through each of these events with someone else. Describe the event, process what occurred, and reflect on why it is important.



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#### STEP SIX

#### LESSONS FROM YOUR STORY

The value of the post-it note time line experience is to discern some key lessons from your past that can help inform your future. Under each of your turning points and chapters, it is important to write a summary of what God has taught you.

Look at each of your post-it notes and use the following questions to help you discern the following: What was God trying to teach me during this turning point (or chapter)? What do I dare not forget as I move forward? What has God deposited into my life as a result of this experience? What do I want to take into the future?

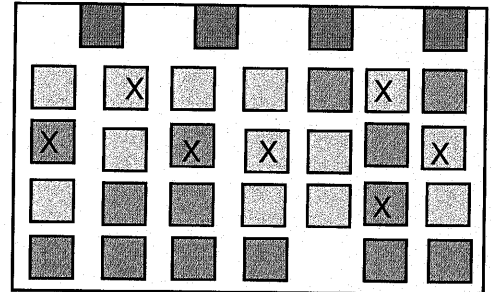
Record each lesson on a green post-it-note and place it underneath the corresponding turning point or chapter.

Some additional areas for you to reflect upon as a result of your time line would include:

- o some of the important lessons concerning your character
- o the character traits that you have learned to value
- o some of the important lessons about your uniqueness as a child of God
- o some important lessons concerning how He uses you
- o some of your core convictions about people and relationships
- o some of your core convictions about the church and ministry
- o some important lessons and your passion for God and ministry

Your post-it note time line is now complete and should give an overview of your life and journey with Christ. Refer to it regularly. Update your post-it notes periodically. One of the keys to staying on track with Christ is the ability to maintain perspective on your growth and development as a Christ follower. The post-it note time line is also a great tool to use with a team or small group.

For additional helps, resources, and approval for use related to creating a personal time line or for additional resources related to how God shapes and develops each of us for a unique contribution, contact Leader Breakthru and Terry Walling.



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1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

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