

Week Nine: Creating a Timeline

Welcome to Week Nine of my year long art journaling class "I Say Yes". If you are new to my blog please [click here](#) to find the first eight weeks of class. Everything is completely FREE and perfect for both the new and seasoned artist.

That's me at 14 years old.



I can't believe how bad I felt about myself here. Looking at my sweet, little girl self today all I see is a Beautiful young woman full of life. I can only imagine the giggles she shares with friends and family as well as all the Dreams she keeps in her Heart.

Our Theme for May

This month we are talking all about **Loving Yourself**. I completely understand how hard this can be but I am convinced by the end of this month we WILL be in a better place and more willing to accept ourselves than ever before. I am so grateful you are on this Journey with me!

Our Assignment

Our assignment this week is one I first heard about from Brave Girl Melody Ross. I took her flagship class Soul Restoration nearly 10 years ago and it changed my life. Since that class I have seen this week's assignment used in many programs for healing. However, let me warn you...this can be a very painful process so PLEASE BE KIND AND GENTLE WITH YOURSELF.

This week we are creating a Timeline of our Life...

Starting from your first full year of life through today.

You
are
precious.

Today is the day

Dear Leslie

this is
my story

welcome

CELEBRATION

I felt loved and cherished here

THE
best thing

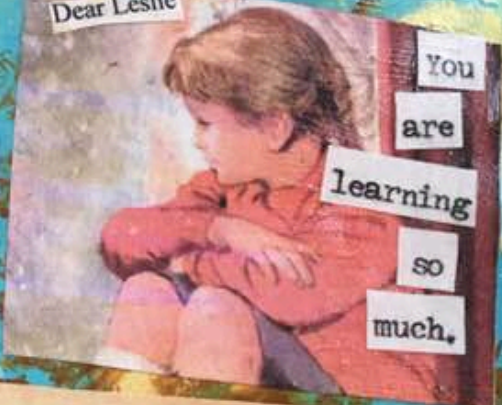


1967 1 year old	1968 2 years old	1969 3 years old	1970 4 years old	1971 5 years old	1972 6 years old	1973 7 years old	1974 8 years old
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Things will be peaceful again.

The hard parts teach us so much

Dear Leslie



You are learning so much.

...Y NIGHT
...er than I like,
...is very bright.
...el you near
...stormy night.

I felt so lost here



I was held and carried here

... life here

this part was very difficult

I am a brave girl

1976	1977	1978	1979	1980	1981	1982
10 years old	11 years old	12 years old	13 years old	14 years old	15 years old	16 years old

Lif

I was on top of the world here

It is ok
if others
do not understand.

Pain has valuable, beautiful lessons...
listen closely.

Dear Leslie

Your
mistakes
are not
who you
are.

You are valuable.

It is never too late to choose
the right road.

I survived a lot during this time

1987

20 years
old

1987

21 years
old

1988

22 years
old

1989

23 years
old

1990

24 years
old

1991

25 years
old

this is where things shifted

everything changed after this

wait
your
ignore
do not

life here

walk in the light...
out of the darkness.

Ignore the lies...tell them to leave...they
do not belong here.

I became a wife here

LIFE is GOOD

I became a mother here

Love is good.



This part might hurt a little, sweet girl,
but it is absolutely necessary.
I had a huge loss here

ears
d

1992 26 years old
1993 27 years old
1994 28 years old
1995 29 years old
1996 30 years old

it took going through there...
...to get me to here

You did all that you could do - it is time
to forgive yourself.

Dear

Leslie

You have been watched
over all along.

A beautiful
life awaits...
take hold.

I had the trip of a lifetime here

this was an absolute miracle

It is time to hold your head up high.

2001
35 years
old

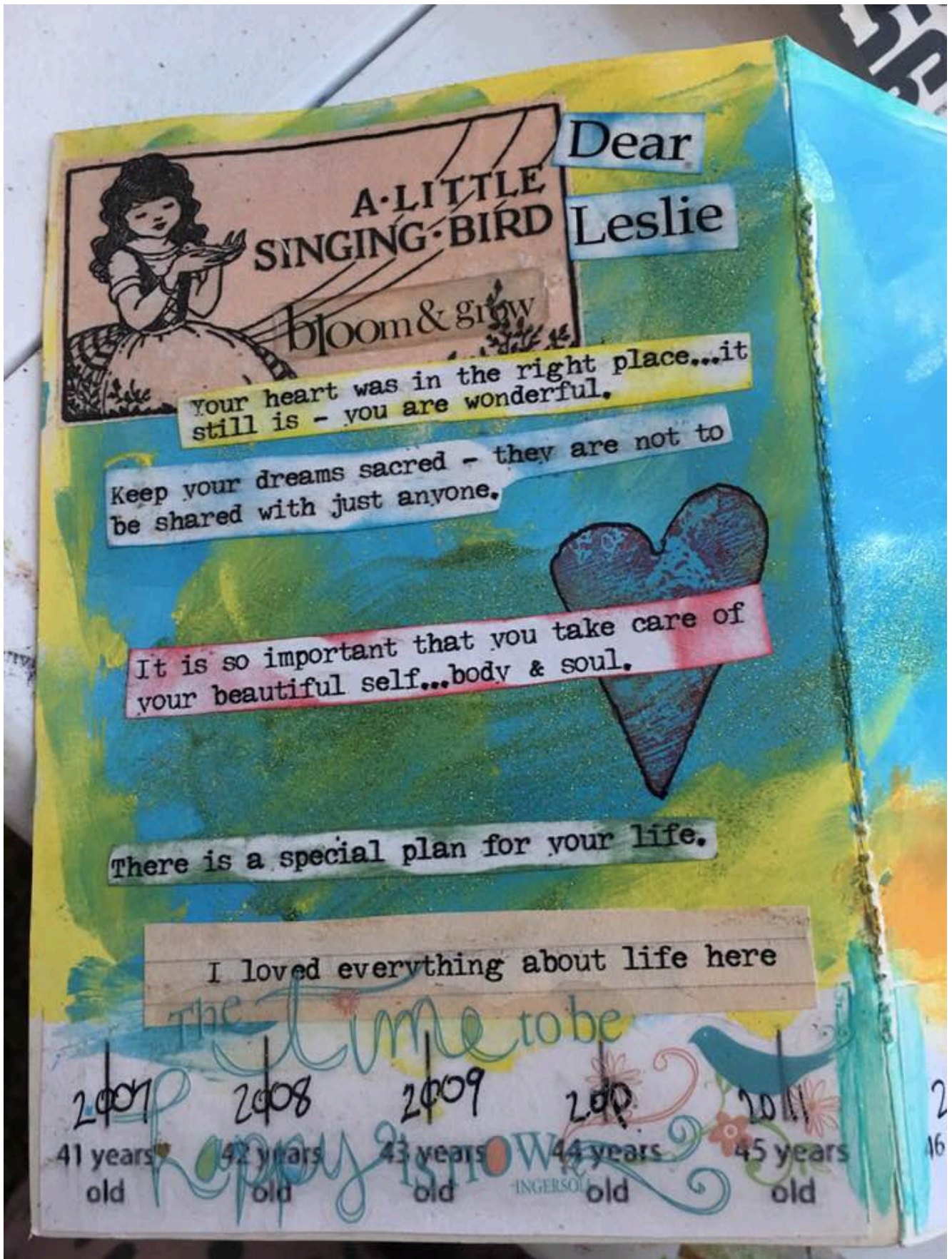
2002
36 years
old

2003
37 years
old

2004
38 years
old

2005
39 years

2006
40 years



I created mine back in 2011 using an accordion style book. For this class I suggest you use two side by side pages in your art journal. I plan on creating a new Timeline and will share

with you later in the week.

As hard as this exercise can be it is one of the most HEALING ones I have ever done.

Please click on the link below for a printable detailing how to create your Timeline along with lots of images to use.

[Brave Heart Sisterhood_ "I Say Yes" Week Nine \(1\)](#)

Along with Loving ourselves we will be talking about Self-Care and what that looks like for you. Lots going on this week on the blog so be sure and check back often!!

Be sure and join our [free private Facebook Group](#) to join in the conversation and be inspired!!

Hugs!!

xoxo

Leslie