

KRW
INTERNATIONAL

River of Life Reflection

- Draw a river to represent your life, with birth at the bottom and present moment at the top.
- On one side draw tributaries that illustrate moments of pride, triumph, accomplishment, excitement, and joy.
- On the other side, draw tributaries that illustrate moments of failure, difficulty, worry, grief, and sadness.
- Draw circles near the river of people you have known who have influenced your life.
- Draw bridges, rocks, and any other symbols that illustrate the ups and downs in your life.

