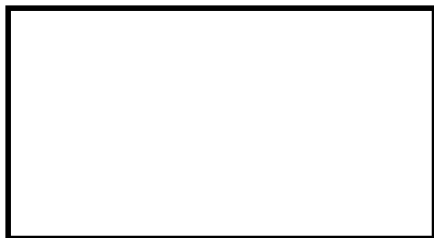
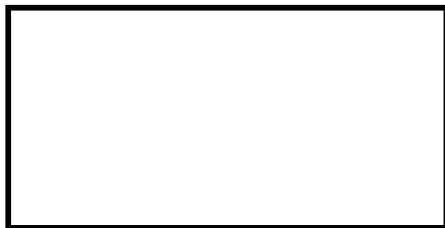


My Life Map

Your Birth:



Your Family:



Your School/Education:



An opportunity for growth:



An opportunity to stop and think :



Where does your road lead?



My Life Map

The Purpose of This Activity

This activity will allow participants to evaluate their origins, growth, and future. This is a self-evaluation activity, but will be shared with the group to facilitate understanding of where people come from.

Estimated Time

10 minutes intro and activity; 4 minutes per participant; 10 minute debrief

Materials

- Life Map worksheet
- Writing Utensils

Introduction

We all have different origins and beginnings. In this activity, we will evaluate where we came from, what has helped us to grow, and where we would like to be someday. Use this as a chance to get to know who is in the group and what contributes to a full person. Share as much as you are comfortable with, and respect your peers.

How to Play

1. In preparation for the activity, print copies of the life map sheets.
2. Instruct participants to complete their life maps with as much or as little information as they think fits.
3. After each person has completed their sheet, invite them to share what they filled in. Every participant should share.

Suggested Debriefing Questions

1. Why did we do this activity?
2. What did this activity tell you about your peers?
3. Were there times you felt conflicted?
4. Did someone's selection surprise you at any point?
5. Which questions were the hardest to answer? Why?
6. Why should you do exercises like this often?