

Just Who Are You?

This exercise can be done in small groups to help members get to know each other at a deeper level. In larger groups, use break outs of 2 to 4 members to share the exercise. Return to the larger group to share and debrief.

1. Share one or two of the most defining, life changing decisions you ever made where you were in control. What were they? How did they shape you? Would you do it again?

2. Share three situations or events that occurred, apparently at random; over which you had little or no control, which profoundly influenced your life. List one example from each of these periods of your life:

a) Birth to 15

b) 16 to 30

c) 31 to the present

What were they? How did they shape you?

3. Excluding parents and spouses, name one or two people who played a pivotal role in your world. Who are/were they? How are/were you connected? How have they influenced you?

4. What do you have left to do to be fully satisfied with your life?