**Exercise: What’s Your Story?**

1. Set a timer for 5 minutes.
2. Think through important moments of your life. Try to find 3-5 moments (usually first ones that come up during this timeframe are the most impactful moments)
3. Give each moment a title or description and draw a picture that represents that moment or experience.
4. Looking at these pictures you drew, now type up your answers to the following questions for each moment/picture you drew (NO WORD MINIMUM OR LIMIT)
* What are the events that happened?
* What did it feel like? What else was going on around that time?
* What part of the experience sticks with you the most? (Specific words, actions, person, etc.)
* What lessons if any, did you learn from the experience?
1. After you’ve done this, you can then look at them as a set and see what they say about you. Are there themes that stand out? Are there patterns that repeat?
* Include a final summary of the themes and interesting revelations you had during this exercise
1. Upload the page with pictures of your “story” (you can take a picture of it and upload it)
2. Upload the answers to the questions.
3. Be ready to share your story with your group members in a couple of weeks! 😊