Activity one: Lifeline

It can be hard to “be ourselves” because we don’t always know exactly who we are. This is especially true when we face big changes in our lives. It takes self-awareness, insight and reflection to really learn who we are and to become comfortable and confident with that information. Take a few moments to complete three steps that will help you to “know yourself” better.

1. Pick key events and experiences in your life.
   Examples include victories achieved, crises endured, fears overcome, stands taken and lessons learned. You get to choose the experiences that have shaped you. It could be anything – achieving a goal, making a new friend, receiving an award, traveling with your family, completing a project, joining a team, losing a championship or graduating to the next level.

2. Place these events on your Lifeline in the order in which they happened.
   Put happy or good things above the line and sad or bad things below the line. Place them higher or lower to show how you felt about them at the time. You are shaped from both the highs and lows in your life. An experience that made you very happy should be higher on your Lifeline, while something that was sad should be lower.

3. Connect the dots.
   When you are finished, draw a line that connect the events by the date they happened. Add notes or pictures to make it more personal.

**Example**

My Lifeline

[Diagram of a Lifeline with various key events and experiences marked along a timeline.]
My Lifeline  Make a list of the key events in your life:

The “Ups”

The “Downs”

What are three specific things you learned about yourself?

Which experiences have shaped you the most as a person? Explain.
Activity two: Grow yourself

Identifying qualities and characteristics that describe who you are today and using that knowledge to define who you want to become in the future will help you identify areas for personal growth and improvement. On the left side of your chart, write four or five words or phrases that describe you, such as strengths you possess. For each word or phrase, write down on the right side of the chart a way to be even better in the future. (Refer to the example for ideas.)

<table>
<thead>
<tr>
<th>What am I today?</th>
<th>How can I be even better tomorrow?</th>
</tr>
</thead>
<tbody>
<tr>
<td>What are five words or phrases that people would use to describe you? (Be honest.)</td>
<td>For each word/phrase, write a way you can be better in the future. (How can you use your strengths even more? How can you improve the areas where you are weak?)</td>
</tr>
</tbody>
</table>

**EXAMPLE**

David Novak - 2011

<table>
<thead>
<tr>
<th>What am I today?</th>
<th>How can I be even better tomorrow?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passionate/Convicted</td>
<td>Don’t overwhelm/intimidate others</td>
</tr>
<tr>
<td>Creative</td>
<td>Stay focused until job is done!</td>
</tr>
<tr>
<td>Instinctive</td>
<td>Balance with facts/process and discipline</td>
</tr>
<tr>
<td>Driven for results</td>
<td>Instill even more urgency</td>
</tr>
<tr>
<td>Striving for balance</td>
<td>More time at home/stay in shape</td>
</tr>
</tbody>
</table>

**DO IT!!**
Activity three: Three BIG questions

Think about the key events that have influenced who you are today and about the specific ways you can become even better tomorrow. It’s time to make BIG things happen in your life! Read the three BIG questions below and record your thoughts.

1. What’s the single biggest thing you can imagine that will help you to grow or change your life?

2. Who do you need to affect, influence or take with you to be successful?

3. What perceptions, habits or beliefs do you need to build, change or reinforce to reach your goal?