

PERSONAL INVENTORY

MATERIALS |

paper and writing utensils

OPTIONAL: create a handout to accompany activity

OBJECTIVES | The objectives of this activity are for participants to reflect deeply about their own lives and to share with others in ways that build relationships and encourage deep listening.

FACILITATOR INSTRUCTIONS |

Give participants time to individually answer the following questions as they choose. Remind participants that they *will* be sharing their answers with others in the group.

- Something I worry about is...
- Something I think about all the time is...
- The most boring thing in my life right now is...
- The most exciting thing in my life right now is...
- One thing my family expects of me is...
- One thing that makes my family proud is...
- The worst/best thing about being me is...

Once participants have individually answered the questions, put them into pairs or small groups to share their answers with others as they feel comfortable.

Remind participants to abide by the community norms and recall listening techniques.

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What did we learn about ourselves and each other in this process?
- What do we have in common? How are we different?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/sharing-who-we-are/>

NOTES |

Answers to the personal inventory questions can be first written or recorded using a phone, computer or audio recorder.

Facilitators can make a handout of these questions to distribute if that would be helpful.

