

Getting to Know Ourselves Better - **EXPERIENCES WITH IMPACT**

WHAT ARE SOME OF OUR EXPERIENCES THAT IMPACTED US?

Fundamentally, we become who we are through our experiences.

- Please write about 10 different experiences (please use additional sheets as needed)
- At this time, please write about a paragraph per experience.
- Then, write next to it, in the space provided, the **VALUES AND IDENTITIES** that seemed to come through this experience.

Example: I enjoyed skiing in the winters. It was a great outdoor activity, being by myself, pushing myself to the challenge. More than just technique, the thrill of skiing taught me to take incremental risks. I went from the blue slopes, to the black. Every terrain was different. I had to master the bumps, the ice, the steep wall, and still be safe. It was better to have a partner with me. We all did this for each other, even if we didn't know each other.

Possible Values and Identities:

- love the outdoors
- like to challenge myself
- risk taking
- yet being safe
- learning skills and techniques
- applying them to different situations
- seeking a partner - for safety and taking care of each other
- being compassionate with a stranger
- being responsible
- building trust

Experiences with Impact

1. _____

Possible Values and Identities

Experiences with Impact

2. _____

Possible Values and Identities

3. _____

Possible Values and Identities

