

Please make a copy for your own written reflection.

Instructions for “I Am From”

Tell us who you are without the following:

- Name
- Job Title
- Relationship Status
- Achievements
- Friends

Craft your own personal narrative to share with a small group.

- You are simply telling your own story; do not overthink it.
- Concentrate on the thoughts and feelings that come to mind when you reach a prompt; just write as it comes to you

PROMPTS YOU MIGHT CONSIDER (Only choose the ones that you want to share):

I am from . . . (familiar sights, sounds, or smells of your home and neighborhood, details about your house, ordinary household items, pets)

I am from . . . (familiar foods)

I am from . . . (words and phrases repeated often, traditions, birth order, important family items or people, family games or activities)

I am from . . . (schools, churches, government, and other institutions present in your life)

I am ... (activities, hobbies, personal identity)

I am from... (memorable places, nostalgic songs, stories or poetry or podcasts that you'll never forget)

I am from... (accidents or formative experiences, loss or pain, joy, learning)