

# Moment in life

- ☑ Think of 3-4 situations in your past or present that made an impact on you (positive or negative)
- ☑ Describe this moment to a friend or a peer. Pay attention to why this moment was significant for you and why you felt a certain way about it
- ☑ Let your friend ask you clarifying questions about this situation, the people and the things that were involved in it.
  - ★ *No judgements, comments or discussions are allowed; only clarifying questions*
- ☑ From each of your stories, pull out insights about what you like, dislike; what gives you energy and what, on the contrary, drains you.

