

# ACTIVITY: ABOUT ME

This activity is a tool that will help you communicate a 7-10 minute snapshot of your life to the group. You may use it as a step-by-step guide when you present. Remember, **this time will pass more quickly than you think**. Your goal isn't to share your entire life story, but to give your group a foundational understanding of who you are.

➤ Feel free to use a photo or two from your phone or tablet. If you want to go old school, print one. ◀

1 Where are you from?



4 Describe your faith background.

2 What is something few people may know about you (e.g., former figure skater)?

5 Describe a person or event that influenced who you are today.

3 Describe your family.

6 What are those pivotal circumstances that have shaped who you are today?

