



## ME REFLECTION GUIDE

Directions: After watching the workshop complete the reflection questions below.

### Scavenger Hunt

1. Besides only having 60 seconds, what influenced your decision when selecting an object?
2. When looking at the object, what three words come to mind that describes how it makes you feel?
3. How has this object shaped your life?

### Image Cards

1. For each image (past, present, future) jot down what feelings or emotions the selected images convey to you.
2. How do each of the images best represent the three different periods in your life?

3. What story do these images tell you?

4. How have these images shaped the beliefs and values you hold for yourself?