

# My story

## 3 steps to the activity realisation



### Step 1 – preparation phase

Divide the learners in pairs. Each learner should take their turn and tell a story about themselves that is rooted in things that really happened in their life.

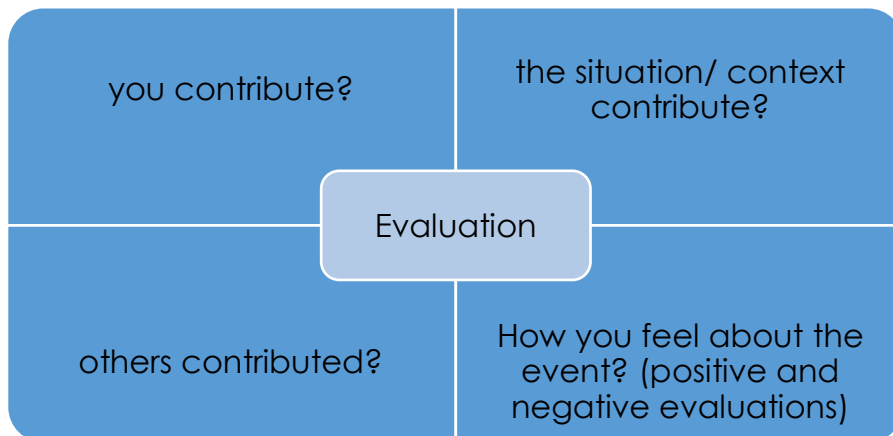
### Step 2 – activity phase

Choose an event from your life that seems important.

- ✓ What happened? What happened then?
- ✓ What are you describing?
- ✓ What is the point of telling this story?

### Step 3 – wrap up phase

How do you evaluate this event?



The three points below might help you evaluate the situation:

- ✓ Your ability to take action
- ✓ Your ability to identify choices, and perhaps create them and make them
- ✓ Your decision-making process

Did you learn anything about yourself from this situation that you can apply to other situations?



Type of activity:  
Biographic work



Timing:

Implementation: 20 min per pair  
Checking learning progress: 15 min  
feedback & debrief



Activity follow-up:

N/A



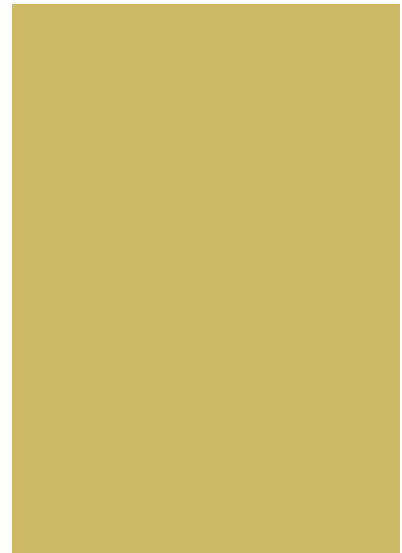
Other value case box components:

If the group is familiar with each other, work in groups of 4. The facilitator can comment in general at the end of the exercise. For example, it might be relevant to comment on how some might get stuck in a negative story or take on a negative label that they carry throughout life. Perhaps some will learn by seeing themselves in a situation and evaluating life events.



Value quoted:

If you told your story to someone else, ask for feedback on how they felt hearing your story. They could give you feedback based on what kind of role you had, how you viewed yourself, how close you are to that version of yourself, how this event affected your life since. How harshly did you judge yourself? Did you take responsibility? Did you find ways to move on? Is there positive learning from your story that you take forward now?



Your notes:

V ...

V ...

V ...

V ...

V ...

V ...