LifeClues (40 minute session first tried during Fuel the Fire 2012)

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Resources Used:

* One ½ sheet of paper on which participants can write their own notes.
* 16 sheets with words used to describe people. Each sheet with at least a dozen words, folded in half and distributed through the space for a scavenger hunt. (Found these online. Examples: <http://www.ltl.appstate.edu/reading_resources/Character_Trait_Descriptive_Adjectives.htm> ; <http://www.kisd.org/khs/english/help%20page/Descriptive%20Words.htm>)
* One Top 10 What I wanted to do/be handout per person. (For this session, each participant already had completed this as it was used first thing in the morning.)

Expectations management: This will have practical applications…eventually! We might need to practice patience.

**Time travel: Remember a time when you were a little kid, perhaps as far back as you can; a time when you were really you, really whole. [Note: This is not everyone’s experience. Seek an early time of wholeness as context.]**

**Round #1: How would people describe you when you were a kid?**

There are 16 Sheets spread around the room. You have 5 minutes to write down all the words that could truthfully have been used to describe you as a kid. Make sure to get to all the sheets!

**Read Parker Palmer (pg. 11 from *Let Your Life Speak*)**

“If you doubt that we all arrive in this world with gifts and as a gift, pay attention to an infant or a very young child. A few years ago, my daughter and her newborn baby came to live with me for a while. Watching my granddaughter from her earliest days on earth, I was able, in my early fifties, to see something that had eluded me as a twenty-something parent: my granddaughter arrived in the world as *this* kind of person rather than *that,* or *that,* or *that.”*

**Look at your list and discern the 5 that best fit you as a kid: Which words best fit you as a kid?**

**Find a partner**

Share your list of five. Listeners just listen. When you’re done find the two from your lists that are most similar and describe what you specifically mean. Why did you pick this word? Can you tell a story as an example?

**Reflection question: What is current?**

Does this list of five reveal anything about a current experience or relationship? Does it suggest any action, any self-care, a conversation? Does it reveal any core values or ways in which you want to deal with people? Does it reveal anything about what kind of work or work environment might be particularly satisfying for you?

**Round #2: What did you love doing when you were a kid?**

5 minutes to mix and mingle with as many people as you can (in a relatively calm and safe manner).

 Introduction: Hi, my name is Jon and as a kid I enjoyed/liked/loved….

 Each time you have to have a new answer.

**Favorites**

Get together with a partner and share your three favorites with them. Describe and explain why you loved doing this. Then ask yourself the question what is current? Partners, ask open-ended questions.

**Read Parker Palmer (pg. 14 from *Let Your Life Speak*)**

“In grade school, I became fascinated with the mysteries of flight…. Unlike most boys, however, I also spent long hours creating eight- and twelve-page books about aviation…. I had always thought that the meaning of this paperwork was obvious: fascinated with flights, I wanted to be a pilot, or at least an aeronautical engineer. But recently, when I found a couple of these literary artifacts in an old cardboard box, I suddenly saw the truth, and it was more obvious than I had imagined…. I wanted to be an author, to make books—a task I have been attempting from the third grade to this very moment!

**Round #3: What did you want to do/be when you grew up?**

Get your Top 10 list (from earlier in the day).

Get with a partner and share your lists.

Talk through the questions on the back of the list.

Regroup and wrap up: Sharing circle. Suggested prompts include what is most current or what was surprisingly remembered.

Option: Write a short note to self to remind you of something from your childhood, something that is current. This could be an affirmation or an action or…\_\_\_\_\_\_\_\_\_\_. (These notes can be sent several weeks into the semester.)