

My Life in Thirds

Purpose:

- To introduce yourself meaningfully to others in the group and let other know the *key* events, perspectives, etc that have shaped your life thus far and receive impressions/feedback from the other people in your small group about the values they hear you acting upon and expressing.
- To fully listen to the others in your group and provide impressions and feedback to other participants in your small group.

Questions:

1. What has shaped my life?
 - Experiences, Choices, People
2. What have been my moments of truth?
3. What are the core values that motivate my life and work? Why?

Process:

- **Step One** – Take enough cards to correspond with the number of people in your group, -- one for you and one for each of the other people in your group
- **Step Two** – Appoint a timekeeper for your group who will actively manage the time so that everyone gets a turn
- **Step Three** – write the names of each person in your group on a separate card, e.g., one for Mary, one for Tom, one for Ted, one for Kathy and one for yourself
- **Step Four** – take 5 minutes to reflect on the 1/3's in your life using the questions as a guide, make some notes on your card for when it is your turn to tell your story (e.g., if you are 45, then three periods of fifteen years; if you are 32, then three periods of 10-11 years)
- **Step Five** – Have one person present their life in thirds – each person will have 4 ½ minutes to tell their story
 - As they are speaking the other participants should write down their impressions about the speaker – specifically, what values do you see as important to them.
 - After the speaker is done, the other people in the group give the speaker a few key impressions they had, in turns – each person will have 30 seconds to give their impressions
 - After all the others have given feedback, hand the cards for that speaker to them
 - Repeat the process until all member of the group have spoken and received feedback.