
Ten Pieces of Me

Instructions:

Part A: I am a . . .

1. Tear the "I am a . . ." handout into 10 pieces.
2. Write a different one of your roles in life on each piece. For example, "I am a student" or "I am a friend."
3. Think about what you've written, and make any changes you wish.
4. Pick up your ten pieces of paper.
5. Put down the one piece that describes a role you feel you could give up with the least change in your life. How do you feel about that?
6. Continue to put down one piece at a time, pausing to think about it.
7. Look through the pieces again, and change the order if you wish.

Part B: I am . . .

1. Tear the "I am . . ." handout into 10 pieces.
2. On each piece, write one of your personal characteristics or qualities.
3. Match each of your characteristics or qualities to one of the roles you identified in Part A.
4. Reflect on the discoveries you made during this activity. Which of your roles are most important to how you see yourself? Which of your qualities or characteristics help or hinder you in those roles?

Ten Pieces of Me (Part A)

I am a . . .

I am a . . .

I am a . . .

I am a . . .

I am a . . .

I am a . . .

I am a . . .

I am a . . .

I am a . . .

I am a . . .

Ten Pieces of Me (Part B)

I am . . .

I am . . .

I am . . .

I am . . .

I am . . .

I am . . .

I am . . .

I am . . .

I am . . .

I am . . .

