

MyLife-Workshop: an exploration of my life

Preparing for the first unit:

- Locate a meeting place that is not a church facility
- Personally invite non-Christians to the course using a flyer
- Materials:
 - Have MyLife-Maps printed out (A-3) one for each participant
 - Yellow Post-its (5 x 3,8 cm)
 - Have pens available
 - The homework for the coming week is printed out on cards, including the verses in the Psalm
 - Organize a video projector, speakers, screen (or flip chart as a screen)
 - Laptop with Power Point presentation
 - Participants sit at tables in groups of four or five, and stay together in these constellations for the entire course

1. Coin

The facilitator greets the participants and introduces himself/herself

Ice breaker: Participants get to know each other: name, grandparents' occupations, etc.

Overview of the MyLife-Workshop: Agenda

- New insights into my life that I might not have realized till now
- The MyLife-Map is the basis for each session and is developed from week to week
- Self-reflection using 6 visuals, one per session: coin, book, bridge, music, band-aid, treasure
- Every session ends with an assignment for the following week
- All we share with one another is confidential (what is said in the room stays in the room)!
- As the course facilitator I am ready and willing to listen to your stories outside of the course

Input from the facilitator:

Video: How a coin is minted (imprinted) (3 min.)

<http://www.youtube.com/watch?v=U71eX5cF7fQ>



Main point: Each one of us has experienced individual “imprints” which we want to discover

Example: As a young man, Steve Jobs randomly took a university course on the history of letters and calligraphy. Unknown to Jobs, the professor was one of the most well-known calligraphy experts in the world. Jobs was struck by the beauty of design that the course transmitted. That class impacted or “imprinted” Steve Jobs deeply – so much so that he said that one could find the impact of that course in terms of the beauty of design replicated in every Apple product sold today. How is it that a non-descript college course could have such a huge impact on a brand of computer that we all know? As we look back over the course of our lives, we realized that we too have been impacted. Things and events have impacted us and have contributed to who we have become.

Let’s get to work (Workshop)

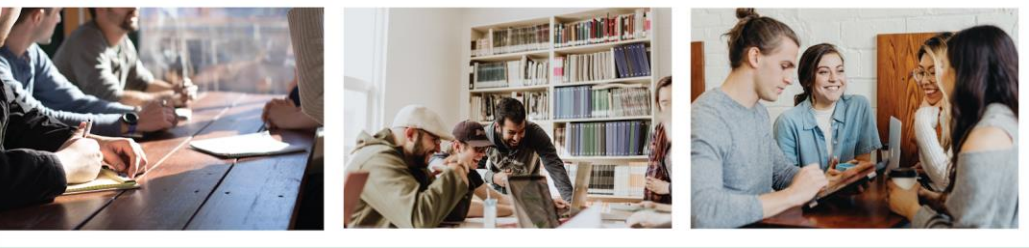
A. Brain-Storming/Reflecting: On yellow Post-its, jot down the names of the people and events in your life that have left a positive mark on your life (one item per Post-it)

- Everyone shares one person and one event who/that “imprinted” him/her positively.

B. Brain-storming/Reflecting: Not every person or event that imprinted us was positive. Think about the people and events that painfully imprinted you. Write these down on red Post-its.

Note: It is advisable for the facilitator to give a personal example of someone or something that painfully affected his/her life (the openness of the facilitator will signal to the participants the kind of openness that they too can share with one another).

- Everyone shares one person and one event who/that “imprinted” him/her painfully (that is, pain was the point of impact, even if things worked out well in the end). *Note:* The facilitator gives each participant “the right to remain silent” – some things are just too painful to speak about. But if there is something that they have worked through, then please share it with those at your table.



C. Place each Post-it on your Life-Map (10-year segments, for those over 40, 5-year segments for those under 40) according to when it happened.

Everyone rates their Post-its and ranks them from high to low (positive to painful).

Input from the facilitator: There is a further dimension of our shaping, one that we might not be aware of. God wants to make Himself known to us in the ups and downs of our lives. Read Psalm 139:1-6 out loud.

Output (to do this week) - these assignments are given to each participant on a small card:

1. Replace each Post-it with dots and a short description of what the dot represents (use pencil or pen) and draw lines between the dots (from left to right) in order to generate a diagram.
2. Find one or two principles per each period in your life and write them down on your Life-Map (the leader shows examples from his Life-Map).
3. In the red section of their MyLife-Map participants are asked to draw arrows with a name attached to them of people that they have hurt (where they were perpetrators and not victims) and chronologically when these occurred.
4. Read Psalm 139:1-6 daily and think deeply on it.

Last round = discussion: What idea was important to me today?

Facilitator: Congratulations! Everyone has recognized significant "imprints" and has come to a greater self-understanding.