**PARTNER BRAINSTORMING/LIFE MAPPING EXERCISE**

Take 5-7 mins and tell your partner a bit about your life story by answering these 10 questions. Do not overthink the answers, rather, just say the very first things that come to your mind for each question and then move on to the next question. Your partner should *just listen intently*, and not ask any questions at all. Then, when you have answered all 10 questions, your partner should repeat your answers back to you by saying, “what I heard you say was….”. LISTEN TO WHAT YOU SAID BEING REPEATED TO YOU AND INTERNALIZE IT.

**SWITCH AND REPEAT THE EXERCISE**

1. What are your hobbies?
2. List 5 adjectives to describe yourself.
3. What are you really good at in life?
4. List 2 ways you have grown/matured in high school?
5. What is a skill that you want to build?
6. List 5 core values.
7. What is the greatest accomplishment of your life?
8. Would you say you operate well under pressure or not so much?
9. What motivates you?
10. What is the best gift you have ever received?