



IDENTITY

MY STORY OF SELF

A SELF-REFLECTIVE EXERCISE



The purpose of this self-reflective activity is to allow you to spend time thinking about your identity as a leader. It creates time for you to reacquaint yourself with you!

During the face-to-face part of The Purposeful Leader, we will be creating an opportunity for you to share your reflections from this activity with a small group of peers, and receive some encouraging and nourishing feedback.

This activity is in two parts.

Part One:

Please take some time to draw, or map out your 'Story of Self'.

In this first part of the activity, we want you to use your memory and imagination to reflect on your past, and graphically note some of the key events in your life that contributed to your identity. These might be some of the high points and low points in your life, but they may also include the mundane and day-to-day.

We would like you to draw something out that you'll be happy to share with other participants on the course, in small groups. This might look like a graph that maps your life over time, or it could look like the meandering flow of a river, the turns of a path, or the image of a tree. We have seen many different versions of the 'Story of Self' over the years, and there are a few points to remember as you complete this activity:

- You don't need to be Picasso to complete this. It isn't an art class... it's an opportunity for you simply to graphically represent your own story in a way that you are comfortable with.
- Please be prepared to share what you draw and write.
- Both words and pictures are welcome.
- Use your imagination as you complete this first part of the activity, and, if you're comfortable, step into a little bit of risk and vulnerability.
- You can draw with your own pen and paper, or on your computer. Whatever way you do this is fine, however, please remember that you need to bring this with you to the 2-day event.
- Finally, please note, regulate yourself carefully and manage your self-disclosure in this activity. There's no requirement or expectation for you to disclose your most traumatic moments. Tread carefully and manage yourself appropriately. Remember, if you choose to share something that creates concern for your wellbeing, or the wellbeing of others then the coaches on the programme may need to progress this.

Please now take some time to craft your own 'Story of Self'.

Part Two:

Having completed the first part of this activity, please now take some time to reflect upon these questions:

What does this say about what's important to me, and what I care about?

Type your answer below



What does this say about who I am (my character, personality, strengths, essence, core)?

Type your answer below



How aligned are my current choices and decisions with the above?

Type your answer below

What does this say to me about my leadership?

Type your answer below

What other reflections are important to capture?

Type your answer below

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