

Markers of My Life

Select a special object and bring it to class. This object must be something of great meaning and emotional value to you that you would be willing to bring and share with the group.

This object CANNOT be

- a digital device,
- an audio device, or
- electronic gadget,
- something that belongs to someone else,
- something that is so expensive in value that people might be tempted to steal it

This object CAN BE

- something someone gave to you,
- something you value even if it is not considered valuable by anyone else,
- something that you care about

This exercise, Markers of our Lives, gives each of us an opportunity to share a story that we can tell easily because it is a story we know, something that we care about.

Everyone will have about 5-15 minutes for his or her story.

In this exercise, we will have the opportunity to experience speaking in our natural voice, what we like to call our authentic voice. But don't worry about how you sound or the words you use. Just tell us about this very important object and **why** it matters so much to you.

Our job, as listeners, is to give you our undivided attention and support you in the way we listen to you.