

## EXPERIENCES REFLECTION

Thank you for facilitating this experience exercise with your group. Please tell participants that they will have three minutes to reflect individually on the following prompt.

- *A Hollywood film company is making a movie about your life. Describe three scenes from the film that tell us something about who you are as a student in this class.*

- *As a bonus point, tell me who is playing the part of you.*

After three minutes, invite participants to partner with a neighbor and reflect on the following questions for about two minutes each.

- *How do these experiences impact your goals and motivation as a leader in this class?*
- *What emotions come up for you as you watch this movie? (Use the Mood Meter or other chosen tool.)*
- *As you watch yourself in this movie, what are the elements of yourself that you see?*