Ignite Program 2

Week 1 – Self Reflection

How would you describe yourself?

What are all the roles you play, such as parent, employee, status, religion, race, affiliations, and any other role that defines a person?

Which of these roles, groups, or situations define you?

Which of these roles is important to you, and in which order would you put them?

Journal Week 1

Take some time to reflect on everything that makes you uniquely you. Think about the good stuff, but include your not so good stuff as well. Think about your hopes and dreams, because they are a part of you. Even include how you act when you fail, because that is a part of you too. Think about the people who have influenced you, helped mould your character, helped you be who you are, provided the environment in which you became yourself. Think about the vents that have influenced you – those that have helped you display your character. Now write it all down.

