

85th BIRTHDAY CELEBRATION

OBJECTIVE: To encourage participants to open up and disclose something meaningful about themselves as they circulate among other participants in the room.

MATERIALS: Paper and pen or pencil for each participant

DIRECTIONS: Facilitator instructs participants to write a paragraph or bullet points about what they want other people to say about them at a celebration of their 85th birthday. What legacy do they want to leave? How do they want to be remembered? Or what do they want to contribute to the world? (Give them no more than ten minutes to write)

They then circulate around the room to ask each other what they said and why. Also, ask them to tell what they are doing now to reach the goal of what they have indicated in their paragraph.

CONCLUSION:

Debrief:

Ask group members to discuss what they found interesting about the activity? What did they learn?

Ask group members if they are going to do anything different in their life as a result of the activity

NOTES:

The activity is designed to help individuals to think about what they are doing in life to reach life-long goals.