



To Be List

A reflection on goals and purpose

TIME

10-20 minutes



TEAM STAGE

Norming

MATERIALS

Paper, writing utensils

SUMMARY

In this activity, participants reflect on two different lists: what they want “to do” in their lives and who they want “to be”. Use this as an opportunity to open up a conversation about values, success, or purpose.

SET UP

- Pass out a blank sheet of paper and a writing utensil to each participant.
- Have them draw a line down the middle of their paper so they have two spaces to write in.

INSTRUCTIONS

- Ask participants to write the words “To Do” at the top of the first column.
- Instruct them to write down all of the things that they want to do.
 - For example, *where do they want to go, what do they want to accomplish, what do they want to learn, etc.*
- Give them a few minutes to do this before giving them the next instruction.
- Next, instruct them to write the words “To Be” at the top of the second column.
- Instruct participants to reflect on who they want “to be”.
 - What qualities and virtues do they want to be known for. For example, *mindful, kind, honest.*
- Give them a few minutes to write these things down.
- After everyone has finished, have participants pair up to share what they wrote down and what they find interesting about their “To Do” and “To Be” lists.

VARIATIONS

- You can also facilitate this as a group activity. What are things your group needs or wants “To Do”? What does your group need “To Be” in order to serve their community or fulfill their purpose?



Small Group: To facilitate this activity for a small group, skip the step where participants pair up and have everyone share and discuss as a whole group.



Online: To facilitate this activity virtually, have each participant reflect on and write their “To Do” and “To Be” lists individually. Then, use the chat to create an order for participants to share so that you can keep the conversation moving in a timely and organized manner.



Asynchronous: To facilitate this activity asynchronously, create a shared document where participants can type their “To Do” and “To Be” lists and read what others wrote.



DEBRIEF QUESTIONS

- What:
 - What did you enjoy about this activity?
 - What did you find interesting about your “To Do” and “To Be” lists?
 - So What:
 - Why is it important to think about both your “To Do” and your “To Be” lists?
 - What are some differences between a “To Do” and a “To Be” list?
 - Now What:
 - What steps can you take right now to work on items from your “To Do” and “To Be” lists?
 - How can you stay accountable to your “To Do” and “To Be” lists?
- **Facilitator Note:** These questions can be used to guide your debrief, however, pick the questions that best match your group’s experience and add or change questions as needed.