

# To Be List



A reflection on purpose

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## Duration

10-20 minutes



## Team Stage

Norming



## Type Of Activity

Bonding Activity



## Materials

Paper and pens

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## 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 pen to each participant.
- Have them draw a line down the middle 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 in their lifetime.
  - 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" in their lifetime.
  - What qualities and virtues do they want to be known for
  - Examples: 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.
- For adult groups, you may frame this activity as what skills or qualities are on your Resume and what skills or qualities would you want to be known for in your Legacy.
- **Online:** To lead this activity online, determine an order to call on participants so that you can keep the conversation moving in a timely and organized manner.