



## What Does This Say About Me?

*A lighthearted icebreaker for self-discovery and group connection*

This activity invites you to reflect on everyday choices and preferences—then consider what these details might reveal about your personality, lifestyle, and values.

**Instructions:** For each topic, briefly share your answer (e.g., their bedtime, favorite movie, or weekend activity), then respond to the follow-up question: **"What does this say about me?"** (Facilitators can choose which areas to cover or go through them all.)

### 1. My usual bedtime

- What time do you usually go to bed?
- What does that say about your routines, habits, or lifestyle?

### 2. Favorite vacation spot

- Where would you most love to go—or go again?
- What does that say about what you value in rest, adventure, or joy?

### 3. The car I drive (or want to drive)

- What are you currently driving—or what's your dream ride?
- What does that say about your priorities, image, or needs?

### 4. How I spend the weekend

- What do your Saturdays and Sundays usually look like?
- What does that say about your balance between rest, responsibility, and fun?

### 5. My favorite show or movie

- What film or show do you never get tired of?
- What does that say about your personality, values, or imagination?

### 6. Childhood nickname

- What were you called as a kid? Do people still use it?
- What does that say about your early identity or relationships?

### 7. My favorite sport (to play or watch)

- Which sport do you enjoy the most?
- What does that say about how you relate to challenge, teamwork, or competition?

### 8. My sense of humor

- What kind of humor do you love—silly, dry, sarcastic, dark?
- What does that say about how you see the world?



## 9. My go-to comfort food

- What food do you crave when you need comfort?
- What does that say about your emotions or background?

## 10. My music style

- What do you usually listen to?
- What does that say about your energy, moods, or inner world?

## 11. My favorite season

- Are you a summer, fall, winter, or spring person?
- What does that say about your rhythm, vibe, or personality?

## 12. My bedroom style

- How is your bedroom decorated (or not)?
- What does that say about your inner life or current state of mind?

## 13. A random item I carry often

- What's something odd or interesting you always seem to have on you?
- What does that say about your habits or quirks?

## 14. Favorite childhood toy, game, or activity

- What did you love to play as a kid?
- What does that say about your inner child or passions?

## 15. My texting style

- Short and sweet, long and thoughtful, full of emojis?
- What does that say about how you communicate?

## 16. A quote I live by

- Is there a quote or motto you really connect with?
- What does that say about your core values or mindset?

## 17. My morning routine

- What's your typical morning like?
- What does that say about how you prepare for the day—or avoid it?

## 18. My guilty pleasure

- What's something you enjoy that others might not expect?
- What does that say about your need for fun, escape, or self-acceptance?



## 19. How I handle being late (or others being late)

- What's your attitude toward punctuality?
- What does that say about how you manage control or flexibility?

## 20. My favorite scent

- Is there a smell that instantly calms or uplifts you?
- What does that say about your emotional memory or sensory needs?

### Closing Group Reflection:

- Which response revealed something about yourself that surprised you?
- Did you learn something new about others in the group?
- Based on something discussed today, what stands out to you as:
  - Something you are doing well and need to keep on doing?
  - Something you may need to adapt or work as part of the process of making positive changes in your life?

**"Your visions will become clear only when you can look into your own heart.  
Who looks outside, dreams; who looks inside, awakes." — Carl Jung**





## Part 2: Insight: Facing Your Truth

Everyday choices and habits, even seemingly minor ones, can act as windows into our deeper selves. Sometimes these insights can feel surprising or even uncomfortable—but facing these truths can be powerful. It's an essential step toward meaningful growth and lasting change.

Reflect honestly on your responses from the earlier activity. Pay close attention to any feelings of discomfort, resistance, or realization. These emotions can signal important truths about areas you may need to address or habits you might consider changing.

### Honest Reflection:

- Identify one uncomfortable truth revealed by your responses today. This could be about a habit, relationship, priority, or aspect of your character.
  
- What is one small but meaningful step you can take today or this week to address this uncomfortable *truth*?

***Remember, facing difficult truths about ourselves is not about self-judgment—it's about self-awareness, compassion, and the courage to make positive changes.***

