



We Are The People: Reflection Worksheet

THE WHY of YOUR STORY

Reflection & Connection Exercises

Part One: Your Story, Your Why

1. **What is a moment from your life in the past that shaped what you care about most today?** *(This could be from childhood, a personal challenge, a professional experience or a time you spoke up/stayed silent.)* Write it out as a short memory or a list the key details.

2. **What does that experience then say about your *why* today?** *(What values or sense of purpose came from that experience?)*

3. **If you had to tell someone one truth about who you are and what you stand for what would you say?**

PART TWO: Making Space for Someone Else's Story

4. **Who in your life or work community might not feel fully seen or heard right now?** *(Think of someone from a different background, identity, or experience than yours.)*

5. **What would it look like to truly listen to their story, not to fix, respond, or analyze, but simply to witness?**

6. **If you had to tell someone one truth about who you are and what you stand for what would you say?**