



“Childhood means simplicity. Look at the world with the child’s eye. It is very beautiful.”

Kailash Satyarthi, Activist

LET’S GO BACK IN TIME

As kids we’re completely uninhibited. We explore everything, and curiosity drives our behaviors. As we get older, we often lose touch with who we were as children. But this connection is critical in helping us understand (1) what roadblocks we’re dealing with now and (2) what brings us the most joy.

In this section, you’ll go back in time to remember some of your favorite activities as a kid. The idea is to reconnect to your past as well as the playfulness you experienced as a child.

- You should spend about 20 to 30 minutes filling out this section.
- Be thoughtful and don’t rush through the questions, but also don’t overthink it. Write what comes to mind. Done is better than perfect!
- If you get stuck, share a #QUESTION with the community.

(1)What were some of your favorite hobbies and/or activities to partake in when you were a kid? How did you spend your free time? Make a list of the activities that come to mind.

(2) Can you recall how you felt when you participated in these activities?

(3) Do you still partake in any of these activities today? If yes, how so? If no, why not?

NEXT STEPS LET'S REFLECT!

(1) What came up for you as you explored your childhood?

(2) Are there any areas that you want to explore further?

Awesome Job so Far!  Remember *Done is Better Than Perfect*