

A GETTING TO KNOW YOU EXERCISE

This is a lovely exercise that has been around for a long time. I am not sure who to credit as the author, but offer my gratitude. This is a simple and enjoyable way to get to share yourself and learn about others.

Even if you have done this before, you might find it curious and interesting how your answers will be different. That is because we mature and change daily- and it shows in your words, work, and wonders.

Copy and HANDWRITE (neatly) on a separate piece of paper. Slow down your desire to 'be done' as you practice observation, reflection, patience, and diligence.

Name: _____

use 5 verbs to describe what you do with your time (avoid overused verbs such as: like, love, hate, am, et al, do, et al_

I _____, I _____, I _____, I _____ and I _____

use -ly words to complete the following 6 actions

1. I sleep _____.
2. I wake _____.
3. I eat _____.
4. I work _____.
5. I read _____.
6. I write _____.

Use quality adjectives to describe these 3 features about you

_____ son/daughter, _____ friend, _____ class member

Describe who you are, your titles, ex. sister of Gordon, baseball player, ballroom dancer). Be specific.

A _____. A _____. A _____. A _____.

Mrs. B/Miss Kate/Kate

I live, I love, I breathe, I play, I pray

I sleep peacefully.

I wake early.

I eat greedily.

I work intensely.

I read slowly.

I write even more slowly.

Independent daughter, supportive friend, silly yet serious class member.

A wife to a Better Half. A mother of Seven Marvels. A pending laugh. A child of God.