

# Brainstorming: The Evolution of YOU

- Every person has *defining moments* that alter, redirect, reinforce, or otherwise affect the course of his or her life. These moments might involve experiences, events, and specific individuals who have shaped your life.
- Think of FOUR such *defining moments* in your life. These should be major events/people that have a significant impact on who you are.
- For each of the FOUR *defining moments*, complete the following:
  - Write a brief description of the experience or person.
  - Why is this experience or person memorable?
  - What did you learn from the moment, or how did it affect who you are?