



Your Story. Your Choice.

An exploration of milestones and how they change over time.

Purpose: The purpose of this activity is to highlight personal milestones, how we experience them, their importance to us and how they shape us as we develop. Our lives are not static, once we achieve one milestone we continue to grow and change, always looking to the horizon for our next growth opportunity.

Acknowledgement Regarding Source Materials:

- LifeCourse Tools, University of Missouri at Kansas City, Institute for Human Development
- Pathfinders, People with Developmental Disabilities and Their Allies Building Communities That Work For Everybody, By John O'Brien and Dr. Beth Mount
- Theory U, Otto Scharmer's

Explanation of Activity: Presenter describes a list of personal items or tokens (if you conduct the activity in person or mail tokens in advance of a virtual training). Presenter describes a milestone event from their own life using one of the personal items or tokens as their inspiration. Keep timing in mind, if you have limited time to engage in this activity, be sure your example is short.

When presenting virtually, break the participants into small groups to complete this activity with each other. Bring the group back together and break them into groups again, or you can keep your group together and do this as a large group.

If you present in person, you can break your audience into small groups or do rounds with the larger group.

One variation is to have a few people share their milestones at the start of the training, and then throughout the training choose more volunteers to share.

Activity in Detail:

Milestone Options to Choose From:

Most of us have one of these things in our wallet, purse, backpack or on our desks/work area. Please chose an item and share your milestone story. You may use one of our suggestions or choose a story of your own, your story, your choice.

Only share what feels comfortable.

Bank card/credit card:

- First paycheck
- First job
- First bank account
- Entry level position in your chosen career

ID/Driver's License:

- First car
- Getting your driver's license
- First time you voted
- First time you drank in a bar

Club card/Membership in an organization:

- Interest based (example, Sierra Club)
- Volunteer (example, blood donation card)
- Political (example, ACLU)
- Service based (examples the gym, Cost-co)

Jewelry/Watch:

- Family heirloom
- Commitment ceremony/wedding
- Class ring
- Special anniversary or event

Key:

- First car
- First house/apartment
- First time you house-sat
- Item you keep in a safe/under lock and key

Photo:

- First vacation as an adult
- First child or animal family member
- Who the person is to you, or why you have their photo close at hand

To Consider: If you are doing this activity as part of a full day of training, it is helpful to end the day by coming full circle, and discussing what happened after you hit the milestone shared earlier in the day. You can break into groups or do a large round.

Materials: If you choose to use tokens, they can easily be purchased at the Dollar Store or a Local Thrift Store inexpensively. Items to purchase include plastic children's rings, medals, straw/balloon, coin wrappers etc.