**Background Check**

In this activity, you’re going to take part in a special kind of background check. You’re going to look into your own past and think about how your background has prepared you for the world and helped shape your worldview.

You should think about what qualifications you have because of the people, places, and experiences in your life. In this background check, you’ll also start to see how your background can give you tools to create a new future for yourself.

**THE PLACES THAT SHAPE YOU:**

1. Describe where you live now. Where is it and what is it like (crowded, city, quiet, loud, concrete, violent, close-knit, etc.)?
2. Where else have you lived or spent a lot of time?
3. How have the places that you live, or have visited, shaped who you are?

**THE PEOPLE THAT SHAPE YOU:**

1. What adults in your life are your role models? Who helps you picture what you want your life to be like? Who has qualities that you would like to have? Who can help you experience new things, or guide you toward a good future? Name 1-3 people with a simple sentence about the influence for each name.

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| --- | --- |
| People | Influence |
|  |  |

**THE EXPERIENCES THAT SHAPE YOU:**

1. Make a list of 3-4 experiences you have had that you think helped make you who you are, or that give you a picture of what you want your life to be. This could include both good and bad experiences. And it may be based on places you’ve visited, books you’ve read, music you listen to, TV or movies you watch, or things you’ve done. For each experience you list, include how you think it influences you.

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| --- | --- |
| Experiences | Influence |
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