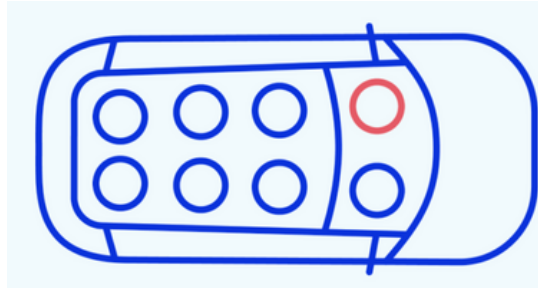


Who's in your car?



Just like Alanis Morissette in her “Ironic” video, there are different aspects of us we bring along on the road trip of life. If your personality was a car (or vehicle of your choice) which aspects of you do you carry with you?

1. Define which different parts of you are in your car right now.
 - Ex: “Outspoken Me” “Cynical Voice” “The Perfectionist”
2. Place inner team members physically in the car.
 - Remember: YOU are always driving. You choose who to listen to or not.
3. Explore the relationships between team members and make sure all the aspects of you are accounted for.
4. Consider a challenge in your life: What resources do the members of your inner team have to offer you in facing it?

TIP: Parts of you have been influenced by certain people in your life, but for this exercise, we are exploring different ways YOU show up.