



## **SESSION #2 TEAM: ACTIVITY**

### **The “4Hs” (to be shared in 3-5 minutes)**

- History - where you were born and raised, family structure, etc.
- Hero - who your hero is; why do you admire him/her?
- Heartaches - a life moment that caused uneasiness, sadness, or pain
- Highlights - a highlight in your life: thing you did, happened to you, or are really proud of

### **Tips for sharing the 4Hs**

- Not all items have to be heavy and serious; have some fun with it if desired
- Be honest and succinct