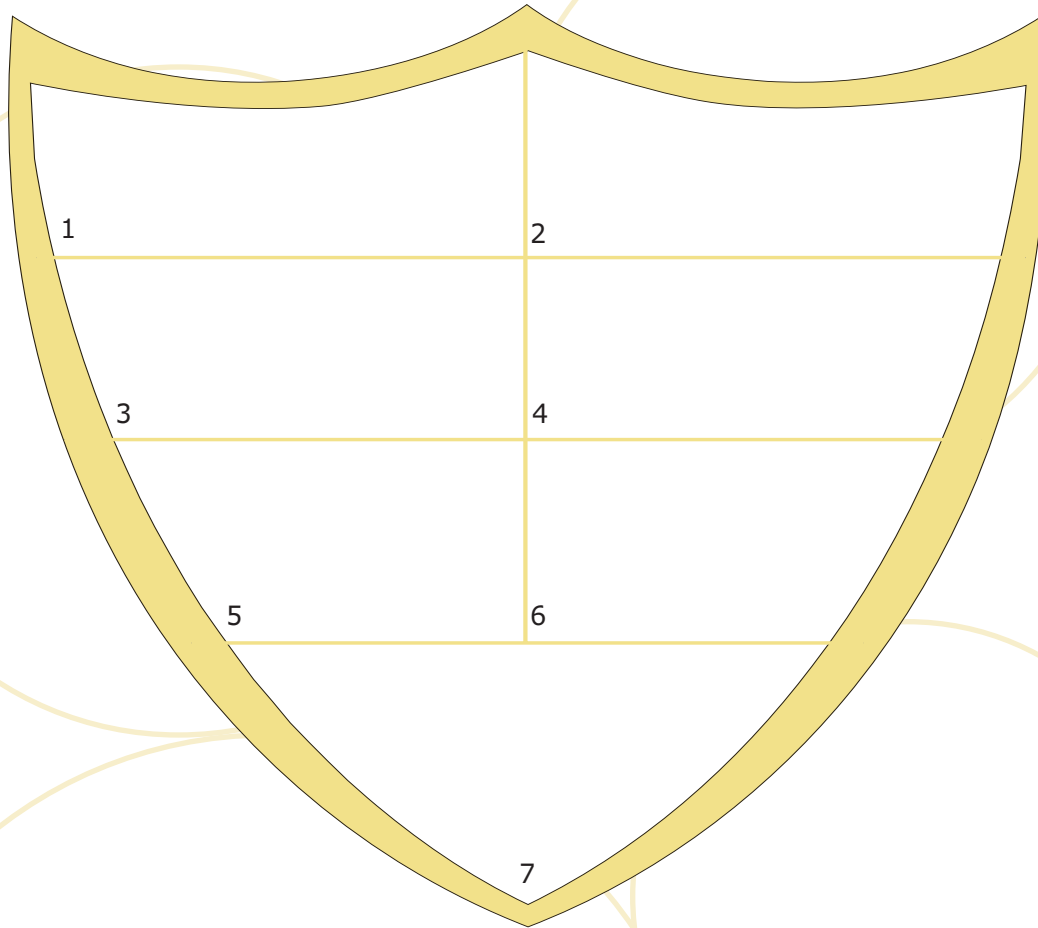


Design your own coat-of-arms



Section 1

List two things you do very well

Section 2

Write your personal motto

Section 3

List one thing on which you like to receive compliments

Section 4

List three individuals who have influenced you most

Section 5

List one thing about you that you would change if you could

Section 6

List two major goals you have for the next two years

Section 7

Write down one word that describes you

A great icebreaker for meetings! Distribute a copy to each person and ask them to fill it out anonymously. Collect and redistribute, then ask participants to guess whose sheet they have. Review answers with group as a whole.