

ASSIGNMENT # 2 :

MAPPING YOUR PEACE JOURNEY

PURPOSE: To articulate where you have come from and where you are now in your efforts to bring peace to your life and the world around you.

MATERIALS:

- ✓ Drawing paper
- ✓ Colored pens, markers, crayons, etc.
- ✓ Personal Peace Journal

ACTIVITY:

- ◆ Think back over your life. Consider:
 - ◆ What were the special moments or events that influenced your interest in peace?
 - ◆ Who were the people who inspired you, changed or challenged you about peace—your teachers, role models, adversaries?
 - ◆ What have been the high points and what the low points in your journey toward peace?
- ◆ Now draw a timeline to represent this journey.
 - ◆ Beginning at one side of your drawing paper, draw your journey as a road, with its ups and down; its crossroads, twists and turns; its detours and its resting places.
 - ◆ Begin wherever you think it started, and end where you are now, but leave room for the future.
 - ◆ Add words, pictures, or symbols to highlight significant moments, people, or events.
- ◆ Reflect on this map (by yourself or with a friend or co-learner) and answer the following questions:
 - ◆ What did I learn about myself from this exercise?
 - ◆ What am I especially grateful for?
 - ◆ What does this activity show me about my work for peace to date? In the future?

OPTIONAL: Instead of, or in addition to, drawing the timeline of your peace journey, tell this as a story to a friend or co-learner. Tell it as a legend or fairy tale: "Once upon a time..."