

What can you do to promote world peace?
Go home and love your family.

Mother Theresa

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

1. Share what you envision the experience would be like for you to “Go home and love your family.”

2. Tell a story about a time of feeling loved by another.

(Who, what, where, when, and elaborate on the feeling(s) you felt at the time and now)

3. Share about the process of how you learned to love yourself. How has learning to love yourself changed your life?

(Through connection with family, friends, faith, spouse/partner, self-awareness, through a difficult experience or time in your life, through health challenges, etc.)

Check out and download more small group storytelling reflections and prompts at:

<http://www.lifesjourney.us/storytelling-in-small-groups-menu/>

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