ourDPS — Discover A World Of Opportunity Together
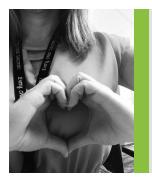
A BETTER ME, A BETTER WE

"BEST PART OF ME" ACTIVITY DIRECTIONS

As part of Team DPS, we have so many strengths to offer our students and colleagues, some of which others might not even realize we have. Take this opportunity to explore what you consider to be the best part of you and share that with your team. We hope this can serve as a catalyst for positive discussions on how to capitalize our strengths to support ourselves, each other and our students every day and best live our Shared Core Values.

Directions:

1. Think about "The Best Part of Me" examples shared during Our DPS Day and review the ones included below.
2. Individually, take 5-10 minutes to draw or take a photo of the best part of you and what makes it special.
3. As a team, reflect on how you can use the best part of yourself to support one another and our students.
4. Display the best parts of your team in your building or department.

Examples:

The Best Part of Me is my heart.
My heart guides me throughout my day and influences most decisions I make.
My heart connects me to others.
When people share their stories with me, it feels like they share a part of their heart with mine.
The way I carry my heart can make or break my day … and possibly someone else's.
It influences how I show up in the world and of my greater purpose.
I love to love.
I love my heart.

Exercise borrowed from "The Best Part of Me" by Wendy Ewald.

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