*: moments or experiences that serve as transformative events. Can be a severe test that is intense, typically unplanned and molds us in to the person we have become.*

**Crucibles**

What Are Your Crucibles?

To identify your crucibles, reflect on the significant moments in your life thus far (center spheres). Then in the orbiting spheres reflect on the following questions: What influence has this crucible had on you? How has it shaped your values and actions? How does this influence the choices you make?

Below and on the back of this page are empty crucible spheres. Use the spheres to help you reflect on crucibles that have shaped you.

Crucible Sphere Figure

Crucible Sphere Figure

Crucible Sphere Figure

Crucible Sphere Figure

**Additional Notes:**