

# Best Team Ever An Inspirational Story

## Power of the Past — Best Team Ever

Throughout our lives, we encounter special moments that influence and change the direction of our lives. We ask that you share a story about the best team experience you ever had in your life. This team experience, from any time in your life, can be from the perspective of family, school, work, friends, religion, military, social, or any other experience that inspired you personally and that significantly shaped who you have become as person. The story can be from a positive or negative experience. It can contain a few different scenes or just one event. The number of people involved is minimally two (you and someone else) and can also be about many people. Its impact may have been instantaneous or discovered later in life.

### Write Your Story

Reflect on a time, event, or occurrence when another person and or other people touched your heart and soul, so deeply, that it inspired you, and made a major impact upon your thoughts, beliefs, and actions so much so that it lead to a positive shift in your being. Use the following questions as guides for your story.

- ▶ Describe what happened.
- ▶ Who was involved and what did they do that had such an effect on you?
- ▶ What was the impact on your life and why was it so powerful?
- ▶ How did this event shape the rest of your life?

Write your story here.

List 3 adjectives, traits, and or values that summarize and describe this inspirational moment (do not use the word inspiration or teamwork – think of descriptors of this event which then inspired you).

- 1.
- 2.
- 3.