

Relationship Building Prompts: **Here I am**

- Look around you. Some things look like they are dead and some look like they are full of life - like they are flourishing.

When do you flourish? Tell your trail buddy about what you are like when you are at your best.

- Compete to see which of you can reach the highest point.

What are some things you are reaching for - hoping for - in your future? What makes you want to reach for those things?

- Look for something at this stop that makes you think of a place or memory that is special to you.

Describe that special place or space to your trail buddy and tell the story of why it is special to you.

- Look for an object that you think must be strong. Do something to prove to your trail buddy that the object you picked doesn't just look strong but IS strong?

Share about a time you showed strength during a difficult situation in the past. Where did that strength come from?