**Tactic: What We Bring With Us**

*Invite participants to name what they’re bringing into the room—like hopes, worries, or goals—to surface areas of alignment and difference, and begin building the trust that meaningful collective action requires.*

**When to Use It:**

Use at the start of a convening to prompt individual reflection and surface what participants are carrying into the space—goals, questions, resistance, or intentions. This exercise helps people feel seen from the outset and builds connection through shared expression and a deeper understanding of the group’s collective expectations for what’s ahead.

**How it Works:**

**Step 1 (5–10 minutes) | Set up the wall and invite reflection**

Designate a visible area of the room—such as a blank wall, window, flipchart, or pinboard—for the activity. Ahead of the convening, generate a few reflective prompts to unlock the kind of conversation grounded in your convening’s purpose. Post 3–4 reflective prompts on the wall ahead of time to guide responses. Sample prompts include:

* One thing you hope to solve or are grappling with in your work
* One place you’re facing internal resistance
* One thing you’ll need to let go of to be fully present
* One thing you’re looking forward to exploring this week

**Step 2 (10–15 minutes) | Invite participants to respond**

Provide sticky notes or cards and markers. Give participants quiet time to write and post their notes. Let them respond to as many prompts as they like. Encourage them to walk along the wall afterward, reading what others have shared.

**Optional Step 3 (10 minutes) | Facilitate a group sense-making moment**

Invite a few volunteers to share what resonated or surprised them. Or, ask the group: *What patterns or themes are emerging? What does this tell us about where our attention is as a group?* This can become a light-touch way to open shared dialogue and build momentum for the convening.

### **Helpful Tips:**

* **Choose prompts with range.** Mix practical, emotional, and forward-looking questions to meet participants where they are.
* **Use the wall throughout the convening.** Invite people to revisit or update it mid-way through, or create a closing version to reflect on what’s shifted.
* **Keep it low-pressure.** Participation should be optional and anonymous—ensure the tone feels invitational, not performative.