

# What Object Helps You See Yourself?



Sometimes it's hard to see or say what's meaningful in our lives. It's not something we're generally accustomed to thinking about.

One way to find this meaning is through a thing or object that is important to you. Some object or token that is special and different from other things in your life. Something that you treasure in your own way. It doesn't have to be something of monetary value, but something that is very valuable to you.

What Is Your Object? A book my middle school teacher gave me.

Why Did You Pick this Object? \_\_\_\_\_

This gift was the first time I ever had a teacher show interest in me.

What Does It Have You Remember and Connect With? \_\_\_\_\_

How important it is to see the potential in others...and to try new things. She gave me a book of poetry, which was something I never read before.

How Does It Guide You to Be Who You Want to Be as a Person?

I want to be a person who helps others grow and develop. Her gift is one reason that I'm going to be an Art Therapist.

In What Ways Does This Object Tie to This Class or Your Education?

This book ties directly to my education, because it represents giving, learning, and the beauty of the arts. Everything that I'm trying to achieve through school.

Something like this?

book

pin

instrument

earring

piece of clothing

rock

watch

necklace

plant

feather

ring

trophy

glove

photograph