



List a few of your favorites.

Movies

Shows

Color

Item of clothing

Weather

Works of Visual Art

Music

Try to pinpoint what is at the heart of why you love them in a word or two.

Heart:

Heart:

Heart:

Heart

Heart:

Heart:

Heart:

Example: (These are my husband's answers)

Movies: The Godfather Trilogy

Shows: The Sopranos

Color: green

Item of clothing: fedora

Weather: rain

Works of Visual Art: anything with trees

Music: Dave Matthews Band

Heart: family, loyalty, tradition

Heart: having a "tribe"

Heart: nature

Heart: sun protection, vintage things

Heart: cosmic interruption

Heart: heaven meets earth

Heart: faith, joy, dance

Fill in the blanks, then name what is at the heart of your answer.

I feel most like myself when I'm _____ and _____.

To me, it is most important that someone is _____ instead of _____.

If I could snap my fingers and be anywhere in the world right now, I would choose _____.

It isn't fair when _____.

I cannot stand it when someone says _____.

It is so frustrating when _____.

Heart:

Heart:

Heart:

Heart:

Heart:

Heart:

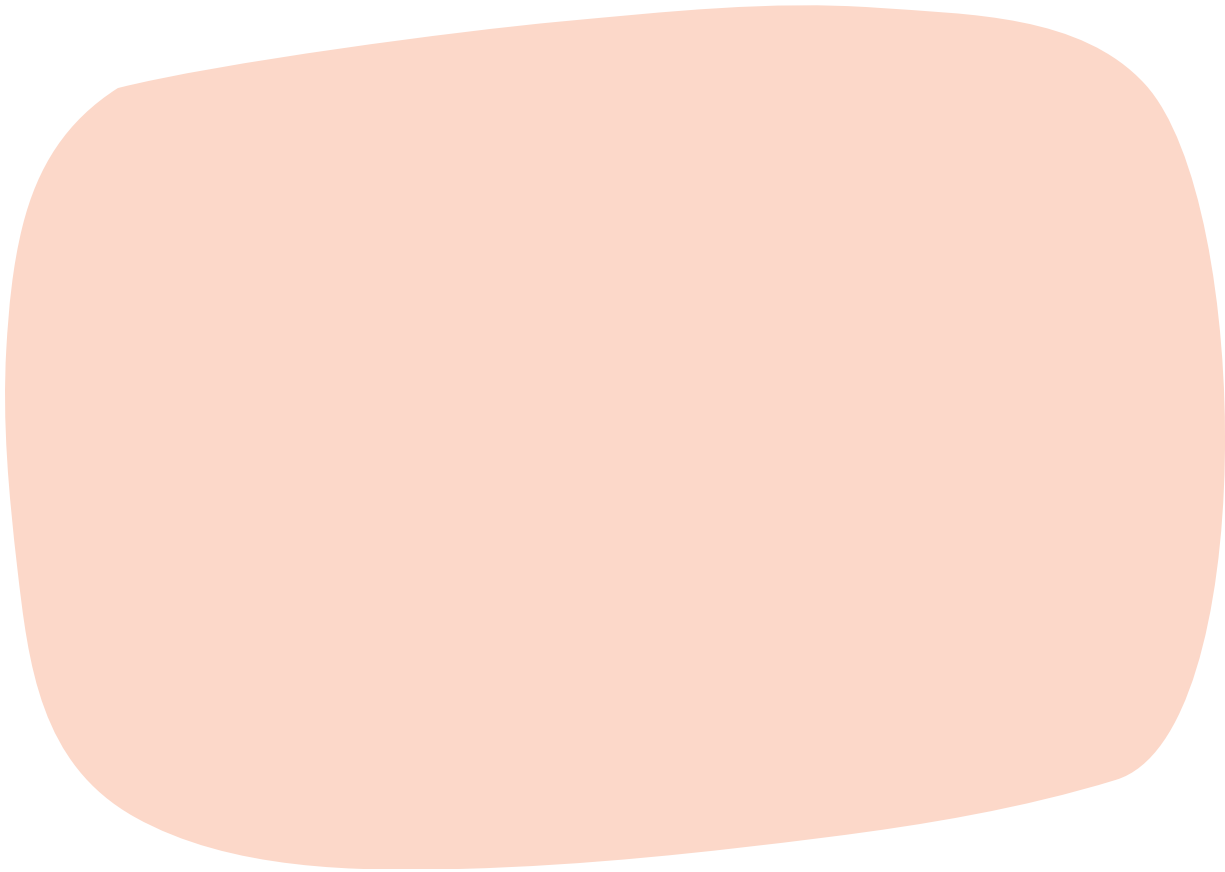
Example:

It is so frustrating when *I am running late*.

Heart: (Being late brings up feelings of being inconsiderate, unprepared, and living in chaos. When I say I want punctuality, what I mean is that I don't want to be rushed. I want to feel ready for whatever is happening next. I want more space and flexibility in my life.)

Heart words: punctuality, readiness, space, flexibility.

Write all your heart words here:



Read through them. Notice contradictions. Make sure you have chosen just the right words to represent you and what you value.

Now take this list and create a simple work of art, a self-portrait. Try a medium that you do not usually use. Compose a song, write a poem, take a selfie that captures something unique about you.