

PERSONAL SYMBOLISM & MYTHOLOGY – REFLECTION

adjective

relating to existence.

- PHILOSOPHY

concerned with existence, especially human existence as viewed in the theories of existentialism.

ex·is·ten·tial

/ˌɛgzəˈstɛn(t)ʃ(ə)l/ ⓘ

GET STARTED! LET'S DIG DEEP!

“ABOUT ME” INNER SELF REFLECTIONS:

WHY?

- Who/what DO YOU love?
- Something YOU do very well
- YOUR hero(es)
- Greatest strength
- Greatest Weakness
- Strongest Hope
- Something I must do before I die

“ABOUT ME” OUTER SELF REFLECTIONS:

WHY?

- Favorite Place
- CAR you drive or want to drive (how does this represent you?)
- Pet you have or want to have?
- What is your favorite number?
- FAVORITE HOBBY?
- FAVORITE SPORT?
- Whatever else MAKES YOU, YOU:
- When I have free time I...
- What does _____ say about you (your shoes, car, accessories, etc.)

PERSONAL MYTHOLOGIES & HISTORIES

WHERE HAVE I BEEN AND
HOW DID I GET HERE?

TAKE SOME TIME TO PONDER and WRITE about ALL ASPECTS of your “self”.

1. Who are you? (What does your name mean? Look it up!)
2. Where did you come from? Born? Ancestors? How has this influenced your life?
3. Who is your family? What traditions has your family created?
4. What is most important to you? If your house were on fire you'd grab... WHY?
5. USE ADJECTIVES to describe yourself (**a word or phrase naming an attribute**)
6. DESCRIBE all the **ROLES** you play or have played in your life.
(**brother, sister, friend, son, daughter, teammate, artist, debater, cashier...**)

Think about the stories you build about yourself – the mythology you have constructed.