

**Everybody has a story.
What's yours?**

Self-Portrait Writing Guide

"Life is a mirror and will reflect back to the thinker what he thinks into it." – Ernest Holmes



The way we see ourselves is sometimes limited by the fact that we are in our own bodies and minds. Our self-awareness, although augmented by exercises of deep reflection, can also contribute to falsities and misperceptions of who we are. Otherwise put, what we see in the mirror is not just our reflection, but our feelings about that reflection; not just what we feel, but a sum of our past feelings. Playing with our definition of self allows new moments to surface, growth to occur, and more space to open so that our identities may continue to evolve and align with our true spirit.

With each of these writing prompts, feel free to flow through your thoughts, unconstrained by time, space, or objective. Simply feel what comes up as you write. We also invite you to create a visual board (through collage or multi-media montage) to manifest your thoughts in alternate ways.

Self-Portrait exercise.

1. Find an object that you identify with or that you feel resonates with how you see yourself in some way. Before connecting it to you, describe the object.

2. Describe why this object reflects you or why you identify with it.

3. Now let's dive deeper. Using the parameters of your 5 senses, explore the object. Describe what the object feels like when you hold and touch it.

4. Describe what it smells like.

5. Describe what it might taste like (or actually tastes like).

6. Describe what it looks and sounds like.

FURTHER EXPLORATION.

What does it feel like to explore yourself through an external object? Is who you see an accurate portrayal of who you are? If someone who loved you completed this exercise, would it be written more or less the same?

SETTING INTENTIONS

In each of the circles, write a few emotions that came up during this exercise reserving the left circle for positive emotions and the right one for negative emotions or limiting beliefs. Then, set an intention that allows you to hold space for your emotions while also releasing them. Write that intention at the centre.

