

What's Made Me

What's Made Me is a brainstorming exercise where you build a virtual box (or real one, if you like!) of stuff that represents you. It represents your values, your views, your history, your future, your dreams, your experiences. These are SYMBOLS of YOU.

Directions:

- Wander around a place that's yours. Go looking in boxes, backpacks, drawers. Look at social media posts. Find as many physical mementos or souvenirs as you can, things you can see, touch, taste, feel, or sniff.
- Answer at least 10. (There's over 40!) On the last page, add at least 3 photos or images of what you're collecting.
- Don't worry if it only has significance to you. You don't have to explain them to Success Story. This is between you and you.
- Please be weird and unique and vulnerable.

I'll Go First.

Brainstorming Question	The Object	Random Thoughts & Notes
<p>What object represents a history with a certain friend?</p>	<p>A Crazy Cat Lady action figure.</p> 	<ul style="list-style-type: none"> • From Teresa - best sense of humor • I was a feline in another life • Revision is like a cat. • Friendship evolves. Student becomes the master. • Friends know you best • Sonny and Percy • Crazy workplace stories • Inner zaniness • Passion for life



Brainstorming Question	The Object	Random Thoughts & Notes
What makes me laugh?		
What makes me cry?		
What makes me scared?		
What makes me hope?		
What food reminds me of someone in my family who's special to me?		
What clothing reminds me of a special person in my life?		
Best book ever?		
Something you didn't ask me about, but I just thought of is...		
Best songs from my playlist?		
What's an object that represents my Rock right now? (person, place or thing that makes me who I am today)		
What's a symbol of my life I envision at my New School?		
What's a date that is significant to me?		



Brainstorming Question	The Object	Random Thoughts & Notes
Best game ever?		
What makes me feel safe?		
What object represents a history with a certain friend?		
What represents a close friend or partner?		
What is a souvenir from a time when I was really happy?		
A gift I received or gave?		
What is an object reminding me of a time when I grieved?		
What is an object representing something that challenged or changed me?		
Something that represents a skill or talent?		
What's my superpower? What's my magic? Find an object symbolizing these.		
An object that represents the name I should have?		



Brainstorming Question	The Object	Random Thoughts & Notes
If I could take any subject I wanted in school, what would be the class? A symbolic object to represent it?		
What's a found object that speaks to me?		
What's a symbol of something I lost--or something that represents a loss?		
What's a symbol of my favorite holiday?		
What's a symbol of a secret I have?		
What's a symbol of a wish I have?		
What's my power word? My fun word? A word that opens doors in my mind?		
What's something that represents my family history, or my cultural identity, or my place in history?		
What's something that represents an obstacle or hurdle in my life?		
What's something I will be SO glad to leave in my rearview mirror?		



Brainstorming Question	The Object	Random Thoughts & Notes
What's something that represents my creativity?		
My resilience?		
My adaptability and flexibility?		
My problem-solving skills? (Any kind)		
My persistence?		
Something that represents the meaning of my first, middle, or last name?		
Something that represents my expertise?		
An object that symbolizes an award they should give for something not usually honored?		
A symbol of an animal that speaks to me?		
A symbol of weather that represents me?		
Best movie ever?		
A work of art that speaks to me?		
What's an item in my House of the Future? Of me in 20 Years?		





3 Photos or Images That Represent What's Made Me



Adapted from the Essence Objects exercise, © Ethan Sawyer, [College Essay Guy](#)™