

REFLECTION PRACTICE

This reflection practice is PERSONAL and PRIVATE. You will not be turning it in. Follow the steps described below and take notes on the back of this page. These steps will guide you through the layers of you until you get to your essence.

THERE ARE SIX STEPS TO THIS EXERCISE:

- 1. Describe:** If you're looking from the outside, what do you see? Activities, hobbies, appearance, etc. (your "outer" self)
Ex: Actions you take, things you create/produce, goals you've set, etc.
- 2. Feelings:** How do you feel, your thoughts, your emotions, etc.? Describe the things that others don't see. (your "inner" self) How do you feel right now thinking about them?
- 3. Evaluate:** What works? What doesn't? Do your insides match your outsides? Inner conflict? Provide a factual observation/comparison of your inner and outer self.
- 4. Analyze:** Why? What are the motivations, reasons, and experiences that influence your inner and outer self? You try to make sense of everything that happens... or doesn't happen. Why do you act the way you do? Why are you drawn to the things that you do or are interested in?
- 5. Conclusion:** Draw conclusions based on the information you've discovered: what have you learned/discovered about yourself? (There will be more than one. No one has only one facet to themselves). Move from General things to Specific.
Ex: I act like this in general, but like this in a specific situation. General: I like to read. Specific: I like to read because I want to know everything/I like to read to escape from my life.
- 6. Action Plan:** How can I represent the information from the conclusion visually? What translates from thought/abstract to tangible? What Elements of Art can I use to create unique abstract representations of WHO I AM? (line, shape, space, value, form, texture, and color)

