

Stories in Self-Portraits

Workshop

July 18, 2018

Drexel University

Who in the world am I? Ah, THAT 'S the great puzzle!

—Lewis Carroll, *Alice's Adventures in Wonderland*

Psychoanalysts are fond of pointing out that the past is alive in the present. But the future is alive in the present too. The future is not some place we're going to, but an idea in our mind now. It is something we're creating, that in turn creates us. The future is a fantasy that shapes our present.

— Stephen Grosz, *The Examined Life*

Answer the following questions in the space provided.
If you can, use a combination of images and words.

1. MEANING **What are some of your guiding values in life?**

What are you interested in?

(turn over for more)

2. OUTCOMES In the best of all worlds, what do you want to get out of life?

3. ACTIVITIES If time or money were never an issue, how would you spend your days?

4. SKILLS What personal qualities, skills and knowledge are you most proud of?