



Essence Objects Exercise

I want you to imagine a box. In this box is a set of objects. Imagine that each one is one of your essence objects.

What do I mean? Each object represents one of your fundamental qualities. Thus, each object is more than just an object.

Make a list of 20 objects. Don't write what the objects mean to you just write the objects with a couple details that describe each.

20 QUESTIONS TO HELP WITH THE OBJECTS EXERCISE

1. What's a food that reminds you of your family?
2. What's something that reminds you of "home" (whatever "home" means to you)?
3. What's an object that represents one of the people who raised you?
4. What's an object that reminds you of something you find fascinating?
5. What's an object that reminds you of a tradition or ritual in your family?
6. What's an object that represents a secret, or something not a lot of people know about you?
7. What's something really nerdy/geeky that you love?
8. If your house was on fire and you could save just three (non-technology) objects, what would they be?
9. What makes you feel safe?
10. What's your actual superpower? What are you really good at?



11. What's something you're known for among your friends?
12. What do you want to be when you grow up?
13. Something that represents a way that you identify?
14. Something that represents a community you're a part of?
15. What's a nickname you have?
16. What's something you could teach someone else to do?
17. Name three objects from your room.
18. What's the moment you left childhood behind?
19. What's your favorite photo?
20. What's a dream or goal you have for the future?

ONCE YOU'VE WRITTEN YOUR LIST OF ESSENCE OBJECTS

Survey your list. Which essences are missing? Is every aspect of you there? Think more abstractly. Think of qualities not yet represented on the list. How could you phrase those qualities in terms of objects? For example, if you keep lists, perhaps a post-it note? Are you easily angered (lighter fluid)? Good at lots of things (a Swiss Army Knife)? Or sharp (an Exacto knife)?

Write down three more objects.