Name:

Date:





Self-Practice: Your Object

1. Discovery

* When and how did you first receive or encounter the object?
* What was your first impression of it?
* Who was there?

2. Meaning

* Did you know it was significant from the beginning?
* How did your object gain meaning?
* Has its meaning changed over time?

3. Value

* What does the object say about you?
* What event or person taught you the importance of this object?
* What if you lost it?
* Is there a time when you really need it?

4. Reward

* What is the best reward of owning your object?

5. Conclusion

* If you had to give it to someone, who would that be and what would you say to them?

6. Description

* What does it look like?
* What does it feel like?
* What does it smell like?
* Where is it right now?