

When asked to describe myself I never really gave too much thought about it. Usually when I describe myself, I don't think too hard about it and pick the same traits that anyone can have. Most of the time I would only use traits that my friends and family thought that I had. When given this assignment, I decided that I should look farther beyond the surface of myself and find the traits that I value. To not only see the traits that others see, but instead what I see when I look at myself. Finding items that fit these traits was difficult but, accurately depict how I see these aspects of myself.

The first item I have to present is a battery. I decided to choose a battery for multiple reasons. One reason being, they can store a lot of energy and I am an energetic person. When I'm having a good time I feel like I can keep going forever. The other reason that I chose a battery is because they not only have energy, but they give it as well. I will be the first to tell them that I know that they can do it. I will support them until I am unable to anymore, like a battery.

My second item that I would like to present are these sunglasses. I decided that the sunglasses would be a good choice for multiple reasons as well. Sunglasses are used to show charisma, and charm. I never thought I had charisma or charm until my friends would give examples of when I was. That being said, these shades would also represent the fact that I could not look at the brighter parts of myself. I grew up with low self esteem and would constantly doubt myself on even the smallest of tasks. I eventually found my sunglasses and could look at the best parts of myself with no hesitation.

Thirdly, I have brought my art book from high school. This book was chosen to represent my creativity, as well as my emotions. I have an unorthodox way of thinking and it can be difficult for me to express myself with words. With this art book I can express these thoughts creatively along with my emotions. Much like with my thoughts I find it difficult to find the right words to use to fully express emotions. This book is entirely composed of my sadness, joy, anger, love and every emotion in between.

This next object is a pair of headphones. I very seldomly am not listening to music in my headphones or on a speaker. This is because music is one of the major parts of my life. If music isn't playing in my ears then it's playing in my head. Music is like my therapy and I use it to help deal with negative emotions. I love to sing as well, and am pretty good at it too, if you like nails on a chalkboard.

My last item is a lightbulb. Lightbulbs can be used to show intelligence or ideas. For me, this lightbulb represents my positive attitude. While many people look at the dark side of outcomes, I tend to look on the bright side. I try not to think of all the bad things that could happen, so that they don't happen and wish for the good things instead. This may seem naive and that it can only

lead to me being let down, I hold onto the hope that something great can happen. Even when it feels like the only outcome is bleak, I always believe that there is a light in the dark.

In conclusion these items help represent some of the biggest parts of me. They show the ups and downs that I have shaped me into who I am now at 19 years old. They represent my growth as a person and that who you were before can change into who you want to be today.