

# Mirror Image

Who Are You Really?



**Very few people know what they truly look like.**

**In this chapter you will describe your physical self starting at the top of your head and ending at your feet.**

**You will also describe the intellectual you and the emotional you. Then you will choose a symbol to represent your character at the present time.**

**Examine your physical self by using mirrors and photographs. You may not ask other people for help -- you must determine the color of your hair, the color of your eyes, the shape of your face yourself. Some characteristics are measurable; some will require a value judgment. Consider the following chart in your pre-writing:**

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Body Build \_\_\_\_\_

Hair Color \_\_\_\_\_ Texture \_\_\_\_\_ Style \_\_\_\_\_

Face Shape \_\_\_\_\_ Eye Color \_\_\_\_\_ Eye Shape \_\_\_\_\_

Eyebrows \_\_\_\_\_ Nose \_\_\_\_\_ Mouth \_\_\_\_\_ Ears \_\_\_\_\_

Hand Shape \_\_\_\_\_ Ring Size \_\_\_\_\_ Fingernails Shape \_\_\_\_\_

Arm Length \_\_\_\_\_ Leg Length \_\_\_\_\_ Foot Size \_\_\_\_\_ Shape \_\_\_\_\_

Distinguishing Marks \_\_\_\_\_

What do you like best about your looks? \_\_\_\_\_ Least? \_\_\_\_\_

Why? \_\_\_\_\_

**When you write about:**

**-the intellectual you**, consider what you like to think, read, and learn about. What is your life philosophy, what concepts, principles or values motivate you,

**-the emotional you**, consider whether you are pessimistic or optimistic by nature, how you feel and show love; hate; joy; sorrow; satisfaction; anger; etc., what hopes or dreams you have.

**Conclude with a symbol for your life. What would you pick? Would you be an animal, a building, a bird, a geometric figure, something else? Why would the symbol describe you?**