

*Self-Exploration Art Experiential*

THE PERSON I WAS

THE PERSON I AM NOW

THE PERSON I WISH TO BE

Fold a white piece of paper (8.5x11) into thirds.  
In each section, use lines, shapes, colors, words, symbols  
(any medium you wish) to depict (1) the person you used to  
be, (2) the person you are now, and (3) the person you  
wish to become in the future.

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# REFLECTIVE JOURNAL PROMPTS



- What is the title for my artwork?
- What do I notice (themes, colors, patterns...)?
- How do I feel when looking at my artwork as a whole?
- What do I need to get from who I am now to who I wish to be?
- What versions/parts of myself am I proud/afraid/ashamed/dismissive of?
- Which version of myself was the most difficult to reflect upon?
- What can I learn about myself or reflect upon through this exercise?