

Essay Brainstorming Exercises

Welcome! This document contains five brainstorming exercises that will serve as the basis for our first session and the rest of your writing. Please take some time to complete these before our first meeting. You can complete all the work directly on this document. Feel free to complete them on pen and paper first and record your results hereafter.

Find a quiet place where you won't be interrupted, put on some music, and have fun!

Ready? *Let's begin.*

The Essence Objects Exercise

Instructions: Click [here](#) to start the Objects Exercise. Record your results below.

My Essence Objects List	
1.	
2.	
3.	
4.	
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6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	

The Values Exercise

Instructions: Highlight and **bold** the 10 values you connect with most from the list below. Of those 10, **underline** your top 5. Finally, ***italicize*** your top 3. Then scroll down to the next activity. (Download a printable copy of the values list [here.](#))

<ul style="list-style-type: none"> o community o inspiration o money o intellectual status o financial gain o laughter o serenity o physical challenge o responsibility o competition o career o fame o working with others o freedom o security o strength o self-control o hunger o personal development o trust o faith o involvement o adventure o vulnerability o adaptability o friendship o excellence o job tranquility o power o passion o cooperation o affection o wisdom o _____ o _____ 	<ul style="list-style-type: none"> o challenges o commitment o leadership o helping others o influence o wit o success o patience o listening o diversity o love o fast-paced work o nutrition o competence o practicality o creativity o excitement o collaboration o social change o beauty o ecological awareness o quality relationships o travel o decisiveness o curiosity o spirituality o loyalty o honesty o independence o supervising others o recognition o accountability o democracy o _____ o _____ 	<ul style="list-style-type: none"> o self expression o stability o art o autonomy o risk o balance o self-discipline o courage o family o empathy o working alone o humility o efficiency o intensity o health and fitness o meaningful work o my country o music o truth o resourcefulness o respect o bravery o communication o change and variety o compassion o nature o expertise o order o privacy o close relationships o religion o knowledge o growth o _____ o _____
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21 Details

Instructions: Click [here](#) to begin the activity. Record your answers below.

My 21 Details	
1.	
2.	
3.	
4.	
5.	
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13.	
14.	
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18.	
19.	
20.	
21.	

The “Everything I Want Colleges to Know About Me” List

Instructions: Click [here](#) to begin the activity. Depending on how you choose to complete the assignment, record your answers below. We’ll work together to figure out where to include these in your application.

The Top 10 Things I Want Colleges To Know About Me	
1)	
2)	
3)	
4)	
5)	
6)	
7)	
8)	
9)	
10)	

The Feelings and Needs Exercise

Instructions: Click [here](#) to watch the *Feelings and Needs Exercise*. As you listen, you can complete the exercise below OR, if you prefer, do it on a piece of paper, take a photo, and upload it below. (On the Toolbar above, click Insert > Image)

Challenges	Effects	Feelings	Needs	What I Did	What I Learned