

# Life as Metaphor

We all describe our world based on our own personal experiences and preferences. How we describe our life is quite telling as to our current perspective of our current state of affairs.

## Explore Your Personal Metaphors

Quickly identify your connection to each of the metaphor prompts. Then, reflect on your choices. How are you coping with your life situations? How do you approach to problems or others? Is this a consistent metaphor for you or is this a new or changing part of you life?

Season

Type of Weather

Animal

Kind of Tree

Precious Gem

Flower

Type of Body or Movement of Water

Geographical Feature

Time of Day

Historical Period

Fairy Tale Character

Circus Act

Instrument

Music Genre

Art form

Sport or Game

Piece of Furniture

Tool

Piece of Clothing

Color

Body part

Feeling/Emotion

Physical Sensation

Scent

Way of moving

Flavor