**Reflections on Your Name**

Exploring and telling stories about our names pulls us into exploring who we are and where we came from.

**Write your full name across the top of the page.**

Look carefully at those combinations of letters, those words that somehow identify you. Think about where those names came from and where you came from, and think about all the memories and feelings and stories connected to your full name.

**Begin to write, freely and openly, anything that comes to your mind and heart in relation to your names.**

-What nicknames have you been called?

-What names have you wished for?

-How have your names changed as you have grown older?

-How do your names feel to you?

-How have your feelings about your names changed?

-Think about your parents and the generations that came before you. What of them is in your names?

-Who named you? How did they pick the names they gave you?

-If you could rename yourself now, what would you choose?

-Think of specific moments, memories, stories that somehow involve your name.

**Toward Public Writing**

Pick one particular story, memory, incident, or feeling that you explored in your journal. Let it take a form (poem, narrative story, essay, letter to someone) about your name. Be prepared to share.