

Personal Crest

1. Think about colors, shapes, lines, and symbols that may represent you
2. Ask yourself the following questions to brainstorm ideas for imagery:
 - a. What do I value?
 - b. What do I seek to protect?
 - c. What do I strive for?
 - d. Where do I find myself today and where would I like to be?
3. Apply your personally crafted ideas to the four sections of the crest, perhaps they interact from side to side, top to bottom, diagonally, from center to outside, or from outside to center
4. Name it in the space provided with the title of your choice

