

# The 21 Details Exercise

On a blank sheet of paper, make a list of 21 details from your life: interesting facts that describe some small, random part of who you are.

As an example, here are some of my 21 details:

- \* We moved 20 times while I was growing up and I attended 13 schools.
- \* My biggest pet peeve is when the waiter takes my food before I've finished.
- \* I eat salad with my hands. And never with dressing.
- \* The worst feeling in the world is the dentist's air suction tube sucking air over my teeth.
- \* I love popping bubble wrap.
- \* When I was young I used to use my finger to wipe off the top layer of toothpaste that I shared with my sister so I wouldn't get her germs.
- \* I've never, ever seriously contemplated suicide.
- \* I find most people fascinating and can talk to just about anyone.
- \* I've won several awards in my life, but I'm most proud of these two: finishing second in the elementary school Spelling Bee when I was nine and being named MVP of the middle school floor hockey All-Star game when I was eleven.
- \* The most painful thing I ever experienced was breaking my kneecap in the 10th grade during a basketball game. The physical pain wasn't the worst part, though: it was losing the rest of the season and watching my team go 0-18.
- \* My three younger brothers and I have never, as far as I can remember, ever had a fight.

Now it's your turn...

