Renée Birchwood SBS 3201 Dr. Adomaitis 5/16/2023

Who am I: If I had to define myself, I believe I would need to be realistic about myself as a person. I wouldn't define myself as the "perfect" person so I would need to be truthful and understand I have positive and negative traits behind myself. Of course as a person I can at least work on the negative traits about myself and transform them into positive ones. As humans our behavior changes constantly almost every couple of years so how we may act in our 20's might be different from our 30's so in every person there will be an opportunity of growth and change. This could mean physically like the *transformation* of *hair,nails,skin, body (hands,lips, nose)* and more and it could be mentally as in certain ideals/mindset changing.

The positive words I picked for myself are "Independent" and "Strong minded". I would say I'm independent because at the young age of 17 I became financially independent from my family. I got a job my senior year of high school and would have classes from 8:15am-3:30pm and go to work straight after and would come home around 10pm or sometimes 11pm. Currently I would say I'm independent because I no longer rely on others when I need help in a situation. I try to figure it out on my own but of course I will ask people for their opinion but when it comes to taking action I will do that myself. I say Strong Minded because I have a "push through" mindset. I have been through a lot of hardships from losing my best friend and boyfriend in the same timespan and recently I had to put down my pet in the middle of finals week. I do feel emotionally exhausted but I need to at least finish off strong for my final grades.

The negative words I picked about myself are "spontaneous" and "selfish". I would say the words that sometimes will come out of my mouth are spontaneous due to the fact that sometimes I do not think before I speak. Words do hurt people and emotionally I might over react if something were to happen to me in a particular moment and say something I didn't mean at all. I say I'm selfish because I have a "sorry I need to put myself first" attitude towards friends that deserve my attention when needed. I feel like I focus all of my time into myself that I forget that there are other people I'm surrounded by that also use my attention as well.

I made the shirt by cutting it cropped and adding slashes to the right side of my negative traits. I added embellished lace to the right side as well to represent focusing on the "best" for me. I added butterflies to the left to represent the freedom of an insect.



