What is in your pocket, right now? On your wrist? Around your neck? In your bag? Take them all out/off and put them on your desk (nothing that will embarrass you of course). Look at them. Sort through them. Take a picture of them. On a piece of paper or in a Google Document, rank them, from most important to least important. Below each item, list why it’s important to you, what it does, why you need it. Below your list answer the following questions:

1. What is a necessity in everyday life for you? Where or how do you carry it? Purse? Pocket? Wrist?

2. Which of these in your list and photo seems the most practical? Why?

3. What is the difference between those things that are absolutely necessary and those that we just like to have? What makes us carry both?

4. What is a talisman? (Google it)

5. What are your talismans?

6. Write a couple of sentences about each item, how it came into your life? Does it hold any special memories?

7. On the blog, post your number one item and why you rank it as your number one. What does it mean to you?