

Re-Emerging: A Discovery Book



Created By
Gillian Epstein & Elisa Hamilton

Who We Are

Elisa Hamilton is a socially engaged multimedia artist and faculty member in the Media Design MA program at Emerson College. She creates inclusive artworks and community-centered programs that emphasize shared spaces and the hopeful examination of our everyday places, objects, and experiences.

Gillian Epstein is the Writing Initiatives Specialist at Olin College of Engineering. She cultivates writing and storytelling across curriculum and across communities, with a focus on amplifying a diversity of voices to build insight, empathy and connection.

Our Shared Purpose

We originally met through a grant from Olin's Sketch Model program, and instantly connected through our shared belief that everyone has stories and everyone can share them. Our ongoing work together seeks to inspire others to explore stories embedded in everyday life and to provide approachable and creative ways to share these stories and foster connection to one another.

Why We Made This

When we re-emerged from the COVID-19 pandemic to collaborate in person again, we couldn't dive into project development without first taking time to catch up. But where to begin? We asked each other big questions: "What's different?" "What did you notice?" "How did you change?" And with these questions, we realized we needed a way to reflect on our own experiences and process our answers.

And so, *Re-Emerging: A Discovery Book* was born. With this book, we aim to create a space that each of us can use to reexamine our self and our context as we come out of the isolation of the pandemic. We hope these prompts can provide helpful inspiration for moving forward with self-discovery not just at this particular pandemic moment in time, but any time when someone is re-emerging from a seismic life event or change.

How to Use This Book

This discovery book is designed for individual use, without group sharing. However, it could also be a place to explore your own thoughts before engaging in our communal *Re-Emerging Together: An Activity*.

What have you discovered about yourself?

What have you discovered about your tolerance for risk?

**What have you discovered about
your tolerance for solitude?**

**What have you discovered about
your past self?**

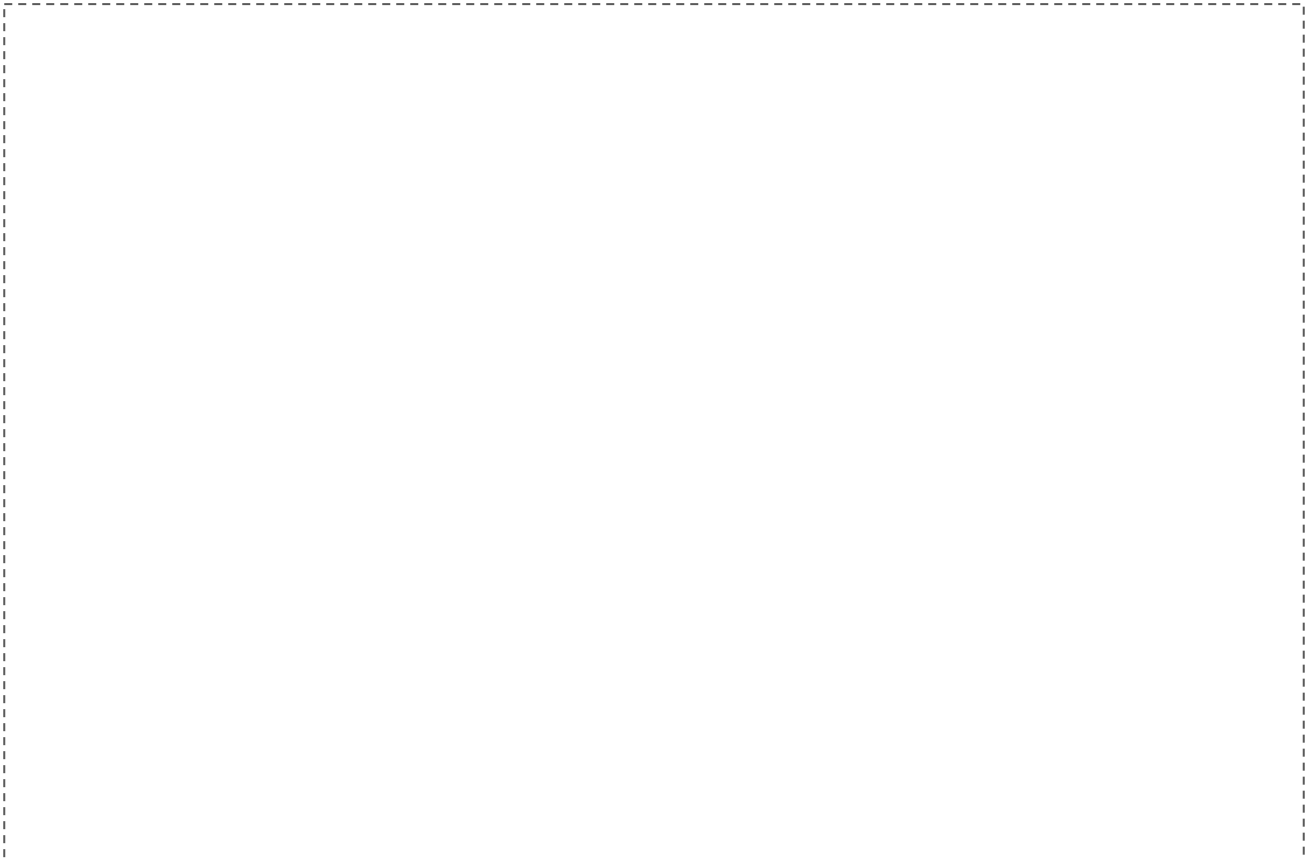
**What have you discovered about
your hopes?**

What discoveries do you want to leave behind, and what discoveries do you want to carry with you into the future?

Sit with the discoveries that you want to take with you. When you're ready, transcribe those discoveries into one-sentence intentions.

**Now, distill each of your intentions
down to a single word.**

**Write your words here and cut them out.
Put your words in a place that you will see
them often; and/or, keep your words in a
place where you can physically carry
them with you.**

A large, empty rectangular box with a dashed border, intended for writing words to be cut out and placed in a visible or portable location.

well