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When asked the question who are you? What is your identity? My mind tends to wander to my first and last name along with my favorite color. However, our identity is so much more than those simple things. It's how we define ourselves, who we truly are. Our identity is shaped from an environmental and virtual perspective but only you decide what defines you.

When I was two years old I stepped on the cold grey Marley floor of my dance studio. I wore my baby pink tights and lavender leotard with the little hair I had pulled back. I was so young and my memory is timid. But, what I do know is that the first ballet class has become the biggest part of my life. The classical piano notes captured my heart and my feet grew a permanent pair of pink ballet slippers. I grew up in the dance studio and it has shaped who I am today. It has instilled in me hard work, dedication, and a heart filled with movement. Since I could remember I have been a ballerina, that is who I am. It has become who I am because I choose to dance. I choose pointed feet and high extensions when I develop. My dance studio has shaped me, it developed who I am. Not just the dancer in me but the person in me. Every time I step on the dance floor with the bright lights shining on my skin and ballet shoes wrapped on my feet I know that's who I am.

When we look around at our world today we see technology everywhere at school, work, libraries, and even just our home. In some ways, it can be scary to think about how a screen can shape us. In other ways, it's our world and we can't do anything about it but that might not always be a bad thing. Growing up in the age of technology I have become very aware of social media. For years I have been scrolling through the same posts and trends that stay popular for a week or two. Although, as I have gotten older I started to be more self-aware of not only what I do on social media but how I want it to affect me. I want it to affect me in a positive way, a way where I feel motivated and positive. Listening to more podcasts, following accounts that make me feel good, and posting my real life. These simple changes in my life made me so much more self-aware and a positive person. These changes re-wired my brain and they shaped my identity because they helped me grow. It helped me become a better person not only for myself but others.

So who are you? Not just a rhetorical question. A question that only you get to answer. You decide what defines you and what your identity is. Our identity is shaped by who we surround ourselves with and what we do, on foot and by the screen.