

BODY / LIFE MAP

INSTRUCTIONS:

On the next page, draw a cartoon/stick figure/portrait version of yourself. Using words, symbols, pictures, glitter-fabulousness, draw or write down the things that made you who you are today. You can use the guides in the sample below, or just make it up!

SAMPLE MAP

The center line marks the division between our past/present and our future selves

EYES:

What you've seen in life that shaped who you are. What you want to see in the future, visions you have for your community.

HEAD:

People, teachers, ideas that have had a big impact on you. How would you like to amke an impact on people?

EARS:

What you heard in life that influenced you (music, speech, quotes). What do you want the next generations to hear, that will positively influence them?

HANDS:

What have you created or built? What do you want to create or build?

HEART:

Important people, relationship, things that you love and that make you who you are.

MUSCLES:

What are your sources of inspiration, support, strength, power?

FEET:

Real and symbolic places your feet have taken you that have shaped who you are. Places you're trying to get to in life.

LIVER:

Where our bodies store the toxic stuff: What are some unhealthy things you have struggled with in life? What challenges are in th way of reaching your dreams?

