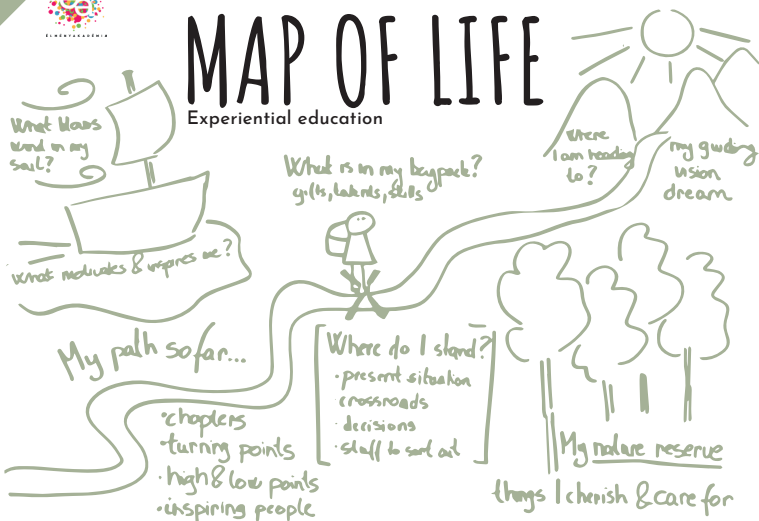


MAP OF LIFE

Experiential education



individual



art expression



indoors



2 hours

PURPOSE

SELF KNOWLEDGE

- harvesting and letting go
- resources
- visioning

PREPARATION

- Find a cozy place to hide for 2 hours.

INTRO

Map of Life is an excellent activity for summarizing your life path so far and also finding resources to envision/look into your future and work on your resources for further resilience.

MATERIALS

- A3 or flip chart paper
- colorful pens, pencils, crayons or paints
- background music

STEPS

1. Have a look at the base picture that serves as a guidance for you (below). On this drawing you can see the following symbols and instructions:

- Sail boat: What blows wind in my sail? What motivates and inspires me? On sunny and stormy days, it is always there with you and available for moving you forward - what or who are these?
- My path so far (past): Chapters, turning points, highlights and low points, inspiring/influential people. If you feel it is too painful for you to spend much time here, just jump to the present or whichever part is calling you.
- Person with a backpack (present): Where do I stand? The present situation, crossroads, decisions, stuff to sort out. What is in my backpack? gifts, talents, skills and competences. You can fill in the empty figure with emotions and resources you have. Please spend time with what gifts you have - given or learned - and do not miss any single part, this is your most precious resource base.
- Mountains (future): Where am I heading to? My guiding vision and dream. Dream big, no one limits you, see what is emerging even without a trace in the present, but what is a life or wish you really want to live.
- Trees, my nature reserve: things that I cherish and care for, things that are sacred for me. Values and people (friends, family, role models) you believe you would never let go, they create your natural reserve where you can recharge yourself

2. When drawing it is recommended to use symbols, colours and any significant form that is meaningful for you, but not words. Maybe after you finish, you can put some keywords on it. Allow your hands and imagination to "dance", and do not go for "realistic" dreams but dreams and life you really want to live.

MAP OF LIFE

REFLECTION

- What was the most easy/difficult part for you to look at?
- What are your most important resources that lead to your future dream?
- What is your favourite part of your drawing?

COMMENTS

- The time that is given is pretty long, also the size of the paper is quite big. This is all to support your diving in and spending meaningful time looking back.
- It is a drawing activity but it is not about beauty or art for itself.