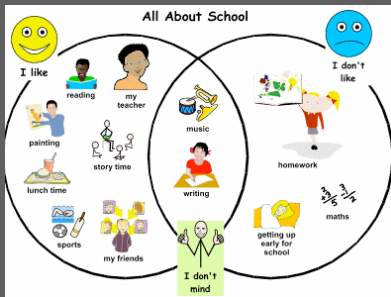


LIFE MAPPING



Aim: To help you understand yourself and to think about what you want in life and how you can achieve it.

INSTRUCTIONS:

There are seven questions to think about.

For each one think carefully about the question – you can write or draw your thoughts and ideas, using pens, markers, crayons etc.

Include anything you like that helps you answer the question.

You can do each part on a separate piece of paper or all parts on one large sheet.

You can start with 'Who am I?' or work backwards starting with 'What sort of life do i want as an adult?'

LIFE MAP QUESTIONS:

Who am I?

What type of person are you? What do you like / dislike – love / hate? What do you like to do?

Where have I come from?

Your personal history, things that have influenced your life – people & events include family & friends etc
Is there someone who is your role model?

Where am I going?

What do you want out of life? What goals do you have in life? What job do you want to do? What sort of person do you want to be known for rich, successful, caring, helpful, knowledgeable etc?

How will I get there?

What do you need to go to achieve your goals? Do I need to study certain subjects? What qualifications do I need?
What skills do I need in the future - include things like languages, leadership, teamwork, communication skills etc

What is stopping me?

Lack of money? Family want you to study different things than you or study in different places? Too lazy?

What help do I need?

Do you need money? Which people can help you achieve your ambitions and goals?

What sort of life do I want to have when I am 20, 30, 40, 50, 60?

What do you want to do when you are older ... travel, explore, be successful, own a business, be married, have a family?

Be honest – think carefully and include all your ideas and thoughts.

Each person's work will be different from yours, there is no right and wrong.

