



SELF MAP

For this activity you will create a map of all you want yourself to be. Cut out specific pictures, letters, and words from magazines and books. Tape or glue them to each of the seven areas accordingly. For example, for number one, the brain, you can paste pictures that correspond to how you want to use your brain or how you would like your brain to be. Use the same process for your heart (what kind of a heart would you like to have), and so on. This will be the road map that you will fall back on and review daily to meet your goals for yourself. If you feel really inspired, use words that describe you and what you want to be, improve, or learn about yourself.

Examples are provided for you below:

Seven areas:

1. Brain ☐ (I want an intelligent brain)
2. Heart ☐ (I want a heart of gold or healthy heart)
3. Stomach ☐ (I want to eat healthy food or a flat stomach)
4. Arms ☐ (I want to use my arms to hug my loved ones)
5. Hands ☐ (I want to use my hands to do good deeds)
6. Legs ☐ (I want to have strong legs to run a marathon)
7. Feet ☐ (I want to travel and walk in many different countries)

Purpose: to encourage you to cultivate a deeper relationship with yourself, understand who you are, what makes you tick, what you want out of life, and realize your strengths and weaknesses; a road map of your physical self; to appreciate your physical body and use it for positive things. This will also help you increase your self-esteem and self-worth so you can ignore people who try to talk down to you or say anything negative about you. Remember your self map and you can show people that no matter what they say about you, you know who you are and you can do anything you set your mind to do!

****Once again please let me know how your Self Map is coming along. What questions do you have? Would you like to run some ideas by me, are you stuck and not sure how to begin? Log on to www.facebook.com/angelicrainbowenterprises and post your questions, concerns and ideas, showcase your masterpiece and get some feedback or just share your ideas and help someone else. I look forward to hearing from you! And while you are there don't forget to "Like" us!***

****If you are an adult leader feel free to make copies of this and use it with any youth you work with.***



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