

's body mapping

SITES: My important places and landscapes

MEMORIES - MY PAST
my biography

My EARS: what do I want / like to hear?

MY VOICE: what / who would I stand / fight for? _____

My SUPPORTS:
Who / what holds me?

FEELINGS AND EMOTIONS:
What/who do I love? What worries me? What makes me feel happy / sad?

PREFERENCES
My favourite things / hobbies:

SKILLS:
I can / can't

My WEAKNESSES

My favourite FOOD

MY FUTURE: How do I imagine my future?
Where do I want to go from here?

My STRENGTHS

