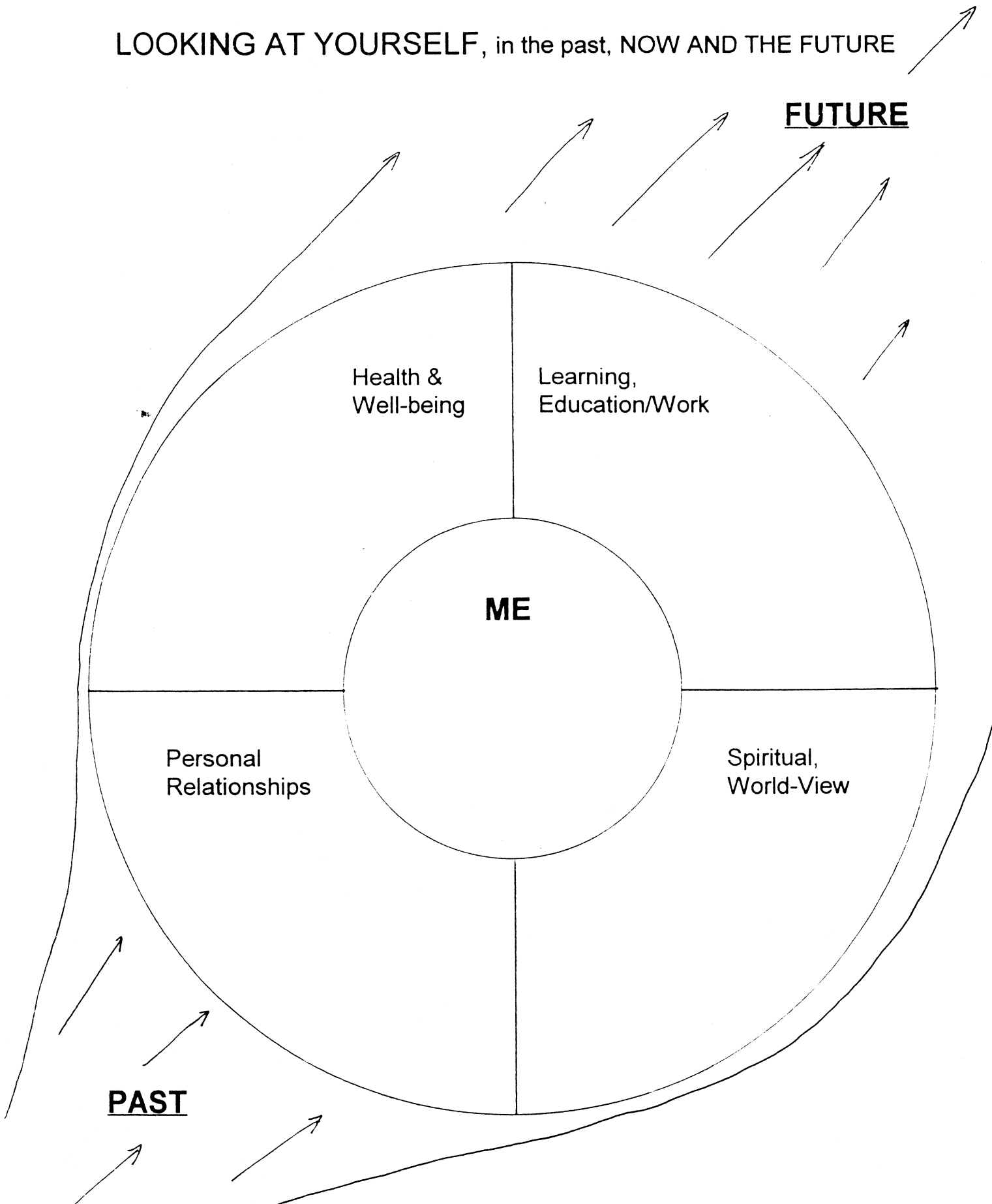


From: Under Construction Project  
Term to School Board 1996 - on-going  
R.V. Peavy drpv@pacifccoast.net

LOOKING AT YOURSELF, in the past, NOW AND THE FUTURE



# **UNDER CONSTRUCTION PATHWAYS TO WORK . . .**

## **MAPPING YOUR LIFE SPACE**

- ▶ **Your map is a picture/a blueprint/a collage of a moment in time. It will change in the next hour or day or week.**
- ▶ **Your map is a picture of you in your world of what is important to you.**
- ▶ **According to the theory:**
  - ◆ **You know yourself best.**
  - ◆ **This is your life, and**
  - ◆ **It is up to you to interpret your map and your world – to decide what it means to you – and to make your own decisions.**
- ▶ **Your counsellors are here to act as guides as you explore your world – to answer questions, to give information, to raise questions, to suggest alternatives.**

## **DEMONSTRATION:**

- ▶ **I'll explain the mapping steps and then I'll ask for a volunteer to come up to begin a map.**
- ▶ **I'll suggest some areas to think about – things you might consider putting on your map. You can put anything you want on the map, however.**
- ▶ **After you've completed your map, we'll ask you to talk with a partner about things that stand out – but share only what you are willing to share. You don't need to show anyone your map.**
- ▶ **Your map may be as simple or as complex as you wish, and remember it will change – you may add things or take things off or move them around later today or tomorrow.**

## **DIRECTIONS:**

- ▶ Take a blank sheet of paper and draw a small circle in the centre of the page. Write the word "me" or "self" or your name in the circle.
- ▶ We are all in transition. Some of us may be concerned about our work situations. Some may be thinking about this quite a bit. Others may not have had the opportunity. This is an opportunity to put some of our thoughts and feelings about the future in our life space map.
- ▶ Put these things in your map if you wish:
  - ◆ Dreams
  - ◆ Things you would like to accomplish
  - ◆ A work area you would like to move into
  - ◆ Things you would like to do – interests you would like to have more time for, or continue to have time for
  - ◆ Travel
  - ◆ Something you would like to learn
  - ◆ People/Voices
  - ◆ Feelings

## **SHARING:**

- ▶ Find a partner and share what you are willing to share:
  - ◆ What stands out? what strikes you about your map?
  - ◆ Are there any surprises? dreams? people? voices?
  - ◆ Does your map suggest a goal – something you would really like to do?