mapping your growth

Current emotions:  

Date:           Time:           Current emotions:

Your non-linear growth path
Fill in the blanks with challenges and events during your personal growth journey through the pandemic and into emergence.

Challenges are part of the growth journey. How have your challenges helped you grow?

What foundations have supported your root system?

Name your evergreens: Who has supported you the most this year?

Get creative: What does growth look and feel like to you?
your heart map

Draw the territories, colors, pathways, temperatures, boundaries, topographies, edges, patterns, longings and climate of your heart.
your window view

Take a moment and draw the view from a window that you have looked out over the past several months. Consider the shapes, colors and textures of that view.
trace your surroundings

Trace five objects that you have held closely over the past several months.
mapping your space

Map your space: Draw a map of where you have spent your time. Include walking paths, activities and how places and objects have made you feel.

Map key: Use these symbols to map your feelings

- places you’ve felt at peace
- places you’ve felt safe
- places you’ve felt stress
- places you’ve felt energized
- places you’ve felt grief
- places you’ve felt uncertain

Your top three places you have missed:

Your space for reflection:
Over the past year where we have interacted with other people has changed. Make note of what you are comfortable doing indoors and outdoors.
mapping your rituals

Date:           Time:           Current state of mind:

guided habit map

Step one: list familiar habits that were lost, and list new habits that were developed.

Step two: circle habits you want to keep. cross out habits you want to let go of.

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fill-in-the-blank ritual intentions

When I wake up, I will __________________________

At mid day, I will __________________________

Before I go to sleep, I will __________________________

To improve my mood, I can __________________________

When my spirits are low, I can call/text __________________________

In the face of uncertainty, I can __________________________
Fill in the blanks with challenges and events during your personal growth journey through the pandemic and into emergence.

My intention is to ___________________________, ______ times per week for ______ minutes

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mapping your senses:

Date:           Time:           Current surroundings:

Top fives: Lists for what we have seen, heard, tasted, smelled and felt.

things you’ve looked at closely:

soothing songs and sounds:

familiar textures:

comfort foods and drinks:

memorable smells:
imagination

Tap into your imagination and draw your dream planet.
memory mad lib  Fill in the blanks.

When I first heard about COVID-19 I was ___________. I remember feeling ___________ about the new information. Daily life became ___________ because of the circumstances. This year I held my breath waiting for ___________. If I had to use one word to describe this past year it would be ___________. I missed ___________ the most during the lockdown. My favorite conversation was with ___________ and we talked about ___________. One new activity that I’ve taken up in the past year is ___________. I will always remember ____________________________________________________________________________________.

The biggest change I’ve experienced was ___________. I rediscovered love for ___________. I discovered new love for ___________. I became obsessed with ___________. When I was bored I turned to ___________. I noticed feeling ___________ more than I ever had before. Something I loved about being home was ___________. Something I didn’t love about being home was ___________.

My most important takeaway from the past year is:

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________.
mapping your relationships

Date:  
Time:  
Currently in relationship with:  

closer than six feet:  Who was in your personal bubble during the Pandemic?

People who made you laugh  
People who made you cry

People who are far away:

Ways we have kept in touch:

M ARTS INITIATIVE
longings

Draw or list the people, places and things you have longed for the most.
learning journey

Make note of your learning journey during the pandemic.

Something I have learned

Something I am in the process of learning

Something I would like to learn
### List your losses.

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**Space for processing loss:**