



LIFE SPACE MAPPING

Why?

In this assignment, you'll have the opportunity to visualize your own life space. The purpose of this exercise is to help you understand how different aspects of life affect you and what you'd like to focus on in the future. A large sheet of paper and some colored pens will allow you to create a visual representation that captures your life.

How?

1. Get some paper (at least A4 size) and a pen. You can use different colors if you like. If you want to spend more time on this and look through magazines for pictures that fit your life, use the largest piece of paper you can find at this stage.
2. Write the word "me" in the center of the paper and circle it.
3. Write and/or draw things that are essential and meaningful to you on different parts of the paper. These could include, for example, family, hobbies, interests, things related to your studies, leisure activities, and even your characteristics. You can draw or write as many things as come to mind, and you can use different colors if you'd like. In one corner of the paper, you can write down your own dreams and hopes, even if they aren't currently part of your life.
4. Now circle the things you just wrote or drew, using the size of the circle to indicate how much of your life that thing takes up. A small circle means that the thing doesn't currently take up very much time or space in your life. The larger the circle you draw, the more space or time that item takes up right now.

You can use different colors here, for example, depending on whether the items you've written down are positive, neutral, or negative.

You have now mapped out your own life space as it is right now.

5. If you want to spend more time on this, you can also look for suitable pictures in magazines and place them in your life space.



6. Now take a look at your life space. Think specifically about the following:
- Are the things on paper the kind of things you want your life to be built on? Do they match who you feel you are?
 - Do all the things in your life have as much time and space as you'd like?
 - Do the things on paper reflect what's truly important to you? Do they point the way towards your own dreams?
 - How do the circles relate to one another?
 - What things would you like to see more of in your life? What do you want to spend more time on?
 - What do you want to reduce or let go of?
 - What actions could help you move toward your dreams?
 - What would you like your life to look like, say, five years from now?

Assignment adapted from V. Peavy 1999.