

Who is in your inner circle?

How do you unplug (separate) yourself from work?

What are your life passion (s)/ interest
outside of your career?

What brings you peace?



LOS ANGELES UNIFIED SCHOOL DISTRICT
Beyond the Bell

Wandering Map Exercise

1. Give every participant a blank piece of paper (preferably legal size) and markers, crayons, color pencils and pens.
2. Ask your participants to start thinking about all the interesting, significant events, people, unusual experiences, memories, things they've done or have happened to them. Tell them to think way back to their early childhood through the present and note any highlights from those years.
 - a. Did you take in testing classes?
 - b. Did you have a memorable summer experience?
 - c. What are some things you're most proud of?
 - d. Did you face a tough Challenge?
 - e. Did you have interesting hobbies?
 - f. How did you spend your free time?
 - g. What was your favorite time in school?
3. Ask you participants to start writing down their thoughts. Keep them short-one or two words. Don't try to write an essay or paragraph. "If you worked at a summer camp, just write "summer camp". Encourage them to fill the page with as much information as they can.
4. After you participants have written all their thought on their paper, have them draw a rectangle or circle around every entry they wrote down. This will separate the experiences from one another.
5. Remind your participants not to try to organize their thoughts in any way, anything that comes to mind should go on the paper-even if it seems trivial or silly.
6. Now it's time to analyze their maps. Start by asking them to connect (by drawing lines) each experience. For instance, if they have a lot of different sports they played, encourage them to connect all the different sports. IF they have a lot of summer jobs or work/internships experiences, ask them to draw lines to connect them.
7. Ask you participants to think about what the meaning is, or commonalities between, the different things they have done.
8. Tell them that now you want to "connect the dots".
 - a. What are the connecting themes or threads that run through their lives?
 - b. Do they seem to use certain skills over and over again?