

# Get reacquainted with yourself

## STEP ONE

Fill in each area of the map using the prompts as your guides.

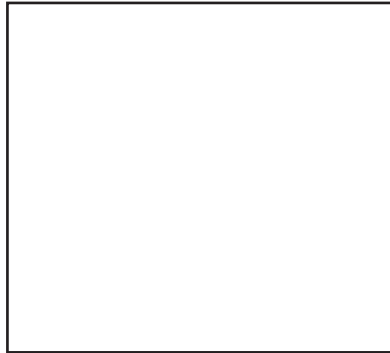
### CLOUDS

What's on your mind these days? How are you spending most of your time?



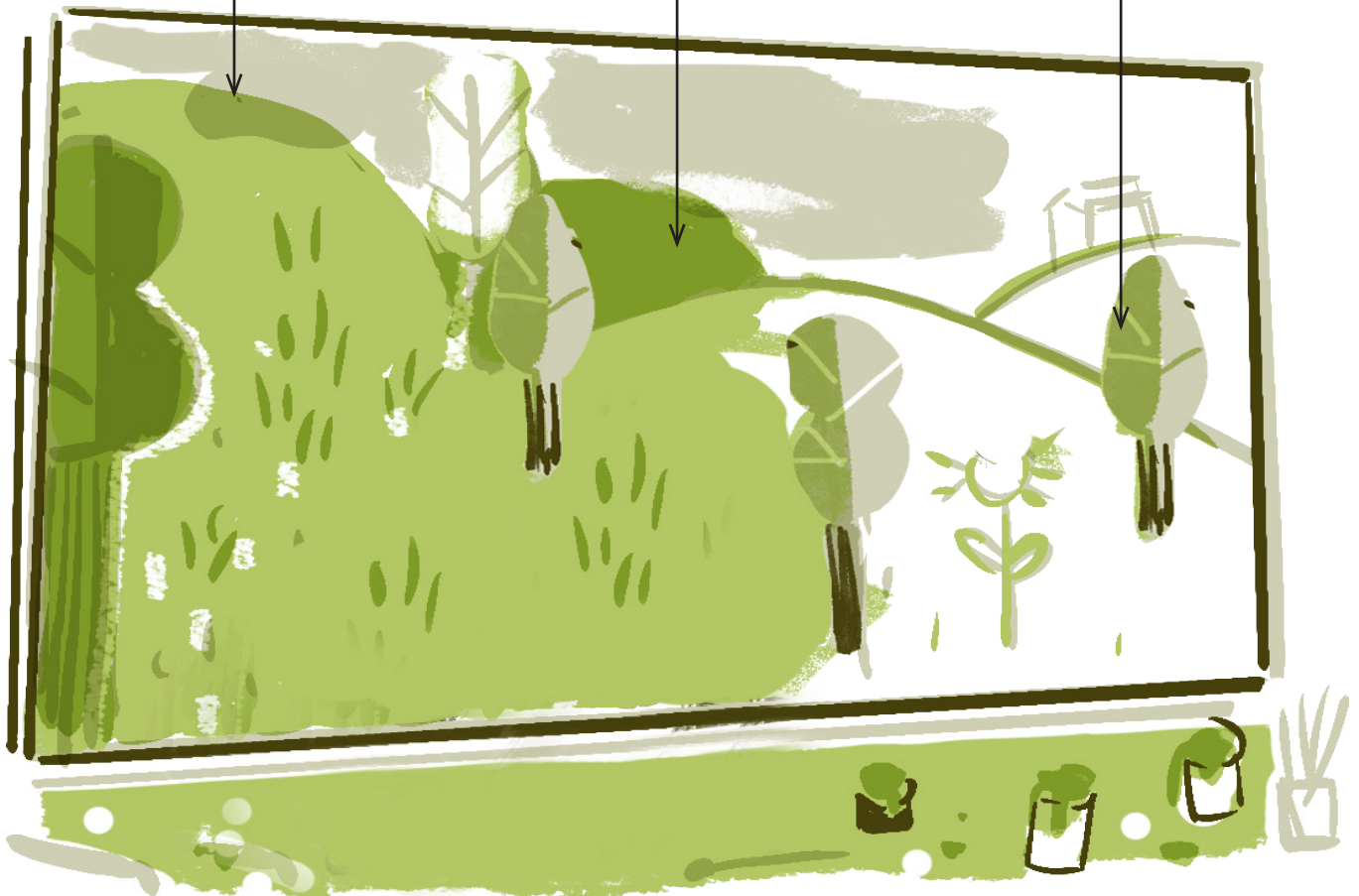
### MOUNTAINS

What are your interests and hobbies? What do you love to do?



### TREES

What are at the roots of why you do the things that you do? What are your big values?



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## STEP TWO

Use what you've written down in your landscape to help you fill in the blanks of the mad lib.

With the journey into the great unknown that is life, I am known as the \_\_\_\_\_. Those that know me would tell you how \_\_\_\_\_ I am, and that you can always count on me to \_\_\_\_\_.

ROLE  
ADJECTIVE  
STRENGTH OF YOURS

These days, the shining star I'd like to follow is \_\_\_\_\_. I'm often \_\_\_\_\_.

YOUR HOPE OR DREAM  
WHAT YOU SPEND A LOT OF TIME DOING

As busy as my life gets, I make time for \_\_\_\_\_. What truly keeps me grounded is \_\_\_\_\_.

YOUR HOBBIES  
GROUNDING ACTIVITIES, PLACES OR PEOPLE

My family knows me as \_\_\_\_\_. One of the things I care most about is \_\_\_\_\_, and it shows up in my family by \_\_\_\_\_.

HOW YOUR FAMILY SEES YOU  
A CORE VALUE OF YOURS

\_\_\_\_\_.

SOMETHING YOU LOVE TO DO FOR YOUR FAMILY

