

MAP Activity

Background:

MAP stands for **M**aking **A**ction **P**lans. This is a self-reflection activity designed to help people identify their strengths, interests, experiences, concerns, dreams, and needs as they prepare to become part of a group or a leader. There are 5 steps to the MAP process.

Activity:

Complete each of the 5 Steps of your MAP below.

- 1. WHO AM I?: A description of yourself, including strengths, skills, likes, that you will draw on to support your role as a leader and/or team member.**
 - What words best describe you?
 - What skills, gifts, and talents will support your journey as a leader and/or team member?
 - What other skills and talents will you need?
 - What do you like/dislike about your current role(s) involving leadership and advocacy?
 - What values and beliefs guide your life and work as a person and a leader?
- 2. HISTORY: Briefly describe the background and circumstances that led to your participation here today (not meant to be a detailed chronological account, but more like highlights).**
 - What is significant about your personal history?
 - What is significant about your family or child(ren)'s history?
 - What were your first experiences in which you saw yourself as a leader or part of a decision-making team?
 - What adult experiences and/or formal/informal training has helped you see yourself as a member of a group or team?

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3. **DREAMS:** What dreams do you have in relation to your personal and professional development as a group or team member?
 - What contributions and/or changes do you dream about that will involve your participation on a decision-making team?

 - What one thing do you most want to see happen?

 - What do you hope to accomplish in one year? 5 years? 10 years?

 - What other dreams are important to you as you begin this journey?

4. **FEARS:** Identify your worries or concerns about becoming part of a decision-making group or team.
 - What concerns arise when you envision yourself as a leader or member of a team and about your role on the team?

 - What barrier/s might stand in the way of your realizing your leadership and participation dreams?

5. **NEEDS:** You are encouraged to use a brainstorming style approach to identify the things that need to happen to help make your dreams for the future come true.
 - What skills would you like to develop further?

 - What else will you need to expand your role as a leader and team member?

 - What supports do you need from others?