

HOW TO MAKE YOUR OWN TREASURE MAP

“**TREASURE MAP**” is meant to be a fun exercise in acknowledging your accomplishments *plus* an exercise in thinking about your hopes and dreams for the future. You can use simply text, or, If you like getting creative, you can draw images or symbols. You can also use any number of online tools (Google images, Pinterest, Picasa. The example below was created using <http://connected-mind.appspot.com/>). The main point is to have fun while creating a snapshot look at your past and future.



1. Grab a rectangular piece of paper and some markers.
2. Divide your life ‘up to this moment’ into four parts. (Eg. childhood, teens, early adulthood, etc.)
3. Put those four designations into the four corners of the paper.
4. With words, drawings, pictures, etc. describe your accomplishments for each period of your life. (Eg. Childhood: Insatiable curiosity, love of the natural world. Loved to read,etc.)
5. In the center of the paper, describe your hopes and dreams for the future. (Trip to Italy, retirement in a tropical place, creating my own business, etc.)
6. Now, take a few moments to reflect on your Treasure Map. Are there common themes? Was it difficult for you to think of your life in terms of accomplishments? How hard was it to formulate your hopes and dreams?
7. How are you going to connect your present reality with your future hopes and dreams? Is there one dream that you could begin to make happen right now?
8. This is a work in progress - you can add other words and pictures over time. Acknowledge all of your accomplishments. Keep the Treasure Map alive and growing as you grow and change.



