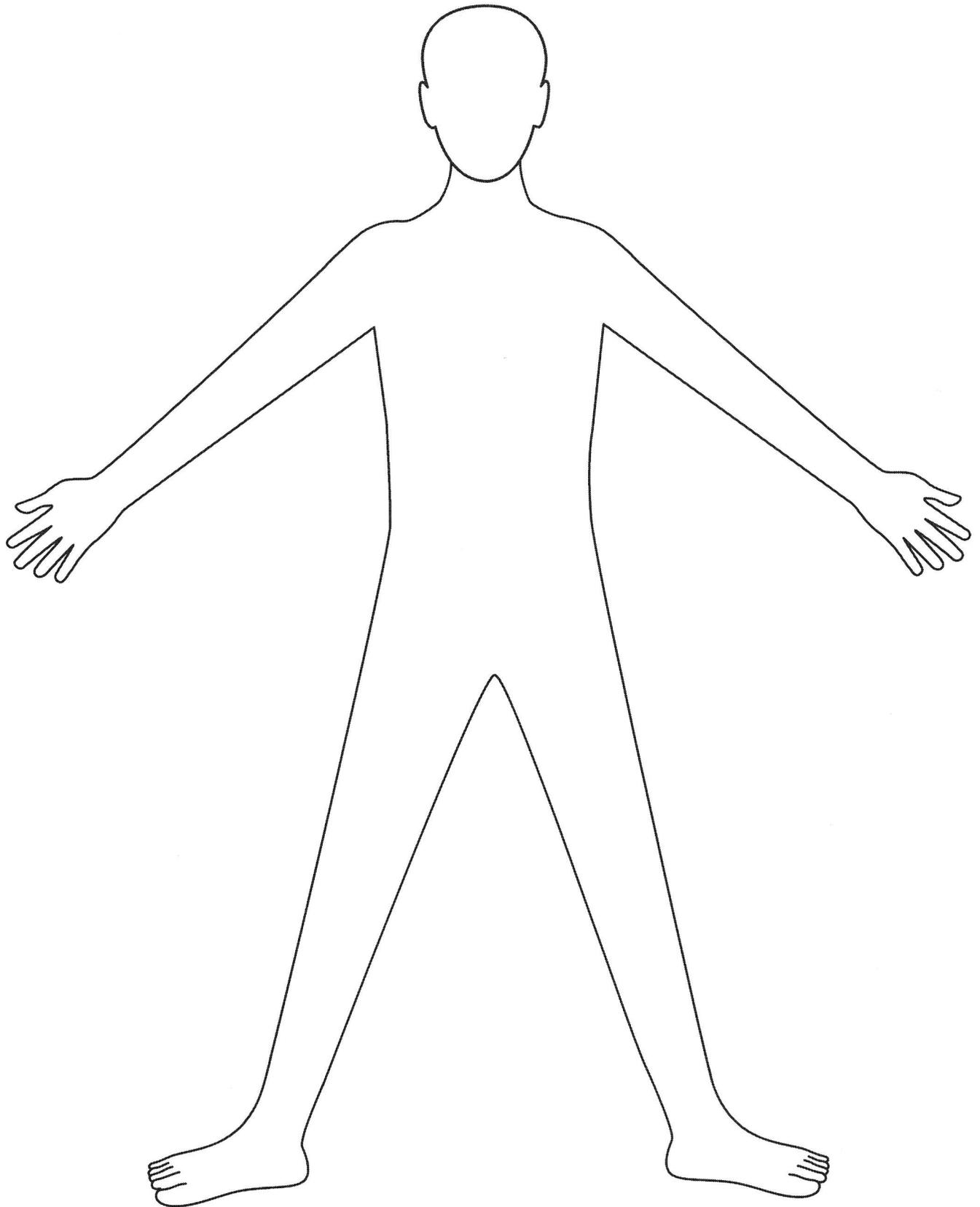


Body Map Template





Body Map Questions

On your body map, write words or draw symbols that express your response to each of the following questions. Write or draw each response in the area of the body map that the question refers to. For example, for the questions next to the word “Brain,” write or draw on the head; for “Skin” questions, use the area around the outline of the body.

Brain:

How do I remember information? What’s the best way for people to give me messages that I’ll remember?

What topics do I really like talking or learning about?

Eyes:

When people first meet or see me, what do I want them to learn about me?

What is a talent I have that others may not be aware of?

Mouth:

When or where am I comfortable expressing my beliefs, ideas, or feelings? What helps me feel comfortable doing this?

How do I communicate my opinions?

Ears:

How do I prefer to have people tell me things or give me constructive criticism?

How do I respond when others give me feedback I don’t agree with?

If my life were a song, what song would it be?

Hands:

In what ways do I enjoy helping others?

In what ways do I sometimes need help from others (although I may not ask)?

Heart:

The things I value most (such as people, places, or beliefs) are . . .

If something has upset me, how do I respond and how do I want others to treat me?

The most rewarding experience I’ve had in my life so far is . . .

Legs:

What issues are important to me? What do I want to stand up and work for?

If I could take a trip (away from places I know best), where would my legs go?

Feet:

What tasks or hobbies do I eagerly do and jump into with both feet?

What tasks do I dislike doing and prefer to walk away from?

Skin:

What keeps me going when I’m feeling down?

What stresses me out? How do I deal with stress and stressful situations?

How do I make decisions? Do I rely on my heart, gut, head? Something else?