

Guiding Questions for Heart Maps

1. What people have been important to you?
2. What are some sad or happy memories that you have?
3. What secrets do you have?
4. What are some of the things that you have experienced that you never will forget?
5. What small things or objects are important to you (e.g. a trophy, stuffed animal,)
6. What animals would you include in your heart?
7. Are there journeys, dreams, fears, books, learning, experiences, relationships, and/or comforts to include in your heart map?