

Self-Awareness Mind Map

Sometimes you have to explore where you're at and how you got there before you can fully look at where you want to go in the future. This exercise is a way for you to do that in whatever expression works best for you.

Other than the following requirements, you have complete creative freedom on this. Be as minimal or artistic as you want to be:

- 2 strengths
- 2 weaknesses
- 3 things you like or enjoy doing
- 3 dislikes
- Any important people in your life
- 1 thing from your past that changed you
- 2 goals for the future

Mind map examples:

