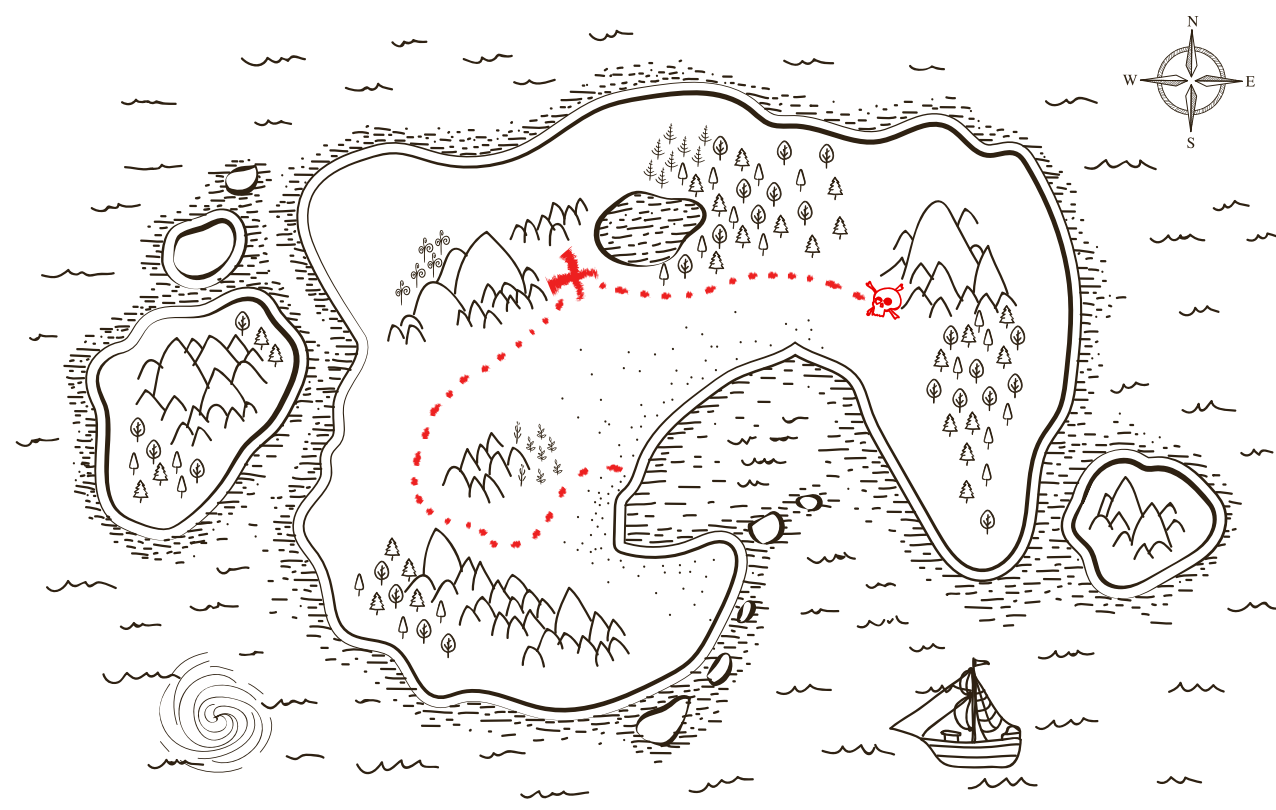
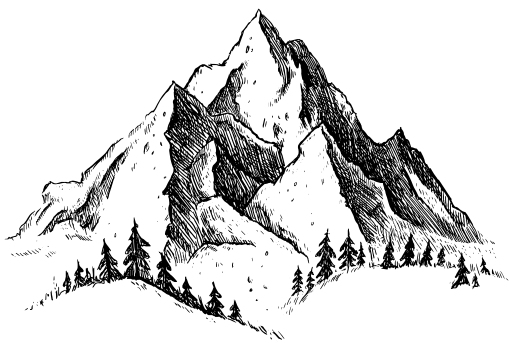


The Inner Map



- Draw the geography of your inner world today -

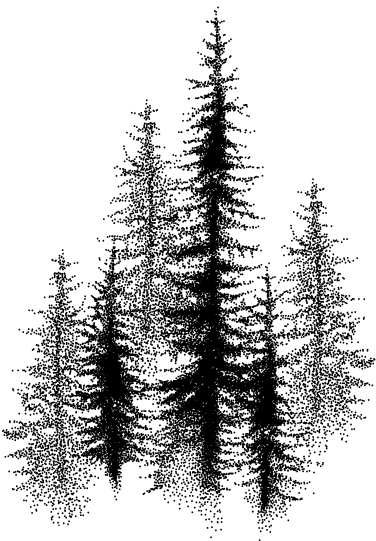
Symbols:



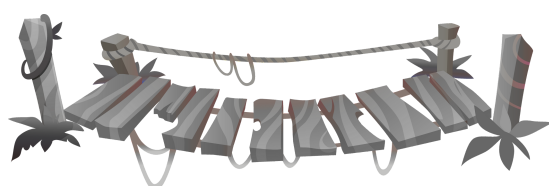
Mountains - reflect about your **strenghts**



River - reflect about your **emotions**

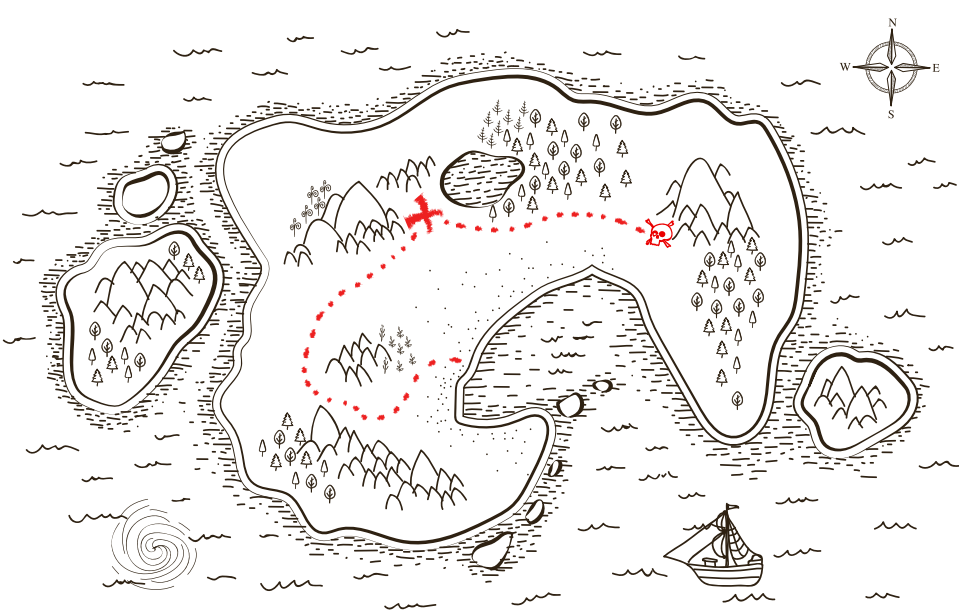


Forest - what **memories** come to you?



Bridge - reflect about your **relationships**

You can use these symbols - or create your own - to express inner feelings, traits, or experiences. A symbol can appear more than once. You may write beside it or keep a legend with your meanings. Let your imagination guide you.



My Inner Map

