

MAP OF MY SUCCESSES

Psychology for Burnout Prevention



PURPOSE

ACKNOWLEDGING RESOURCES

- reflecting on work-engagement
- feeling more energetic

MATERIALS

- background music
- A3 white paper
- colorful pens, pencils, crayons or paints

PREPARATION

- A cozy place for everyone to hide for 1,5 hours.
- This drawing can stir up strong feelings, to prevent this, the facilitator should invite the participants to include in their success acknowledgement the little steps/ successes.

INTRO

Map of My Successes is an excellent activity for summarizing your life path, focusing on your successes and for being grateful for all the little steps you made in your life. It can also help you understand your present and give orientation to your future plans. It is a drawing activity but it is not about beauty or art for itself.



3 STEPS

1. The facilitator can ask participants to make a picture of the successes in their life, either as a diagram, as flowchart or by drawing a map, showing:

- the timeline and their path so far:
 - chapters
 - turning points
 - highlights
 - low points
- and the successes that are already in their backpack
- small or bigger successes in your life
- everything that makes you or people around you proud of you.

The facilitator recommends the use of symbols, colours and any significant shapes that are meaningful but not words first and then, after the participants have finished they can put some keywords on it, if they really need to.

2. The participants are invited to collect some colorful pens, crayons and pencils, plus prepare an A3 sheet and to find a place in the room or nearby where they can be alone, undisturbed for 30 minutes.

3. When everyone is ready, they come back and in a circle or as an exhibition they show their drawings to the others.

4. When in pairs or in circle they reflect on their drawings guided by the following questions: • What gives you the power to achieve these steps? (gifts, talents, skills and competences) • What motivates and inspires you? • What are your most important successes that will lead you to your future dream?



REFLECTION

- How was this experience for you?
- How can your previous successes be useful in your everyday life and work life now?
- How do you think this activity can contribute to resilience building?

COMMENTS

- Variation: schedule this exercise after the practice of a tool which requires certain achievements (e.g. group challenges) and ask participants to connect the two.
- If either during the drawing or during the discussion the facilitator notices that any of the participants have problems facing their successes, he/she should support them by asking questions to evoke successes, like inviting them to reflect back to any concrete individual or common experience of the group.

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