Annexure 8: Asset Mapping

Asset mapping is a way to identify the strengths that you have at your disposal. It is also an excellent way to shift the focus away from what you do not have and place greater attention on what you do have.

Answer the following questions with as many answers as you can.

1. (Mind) What are your gifts of the mind? Example: good listening skills, creative, analytical, etc...

2. (Emotions) What are your gifts of the heart? Example: compassionate, empathetic, tolerant, etc...

3. (Body) What are your gifts of the hand? Example: practical skills like driving, writing, etc...

4. (Spirit) What are your gifts of the spirit? Example: things you have faith in; family, friends, spiritual connect with God, etc...

5. What are your areas of interest? Example: dancing, listening to music, art, etc...
6. What are you passionate about? Example: helping others, working, making friends, dancing…
Note: a passion can be anything that you feel really excited about. It is important to note that a passion may be something that you struggle with or are not able to do. This is okay.

7. What are some of your most powerful relationships? Example: relationship with my partner, my boss, my community member, etc…

You have just identified your core strengths and interests. This is healthy self-esteem. Let’s make this a daily thing!