My Aspirations & Potential (M.A.P.)

This resource is about your identity, your hopes and your aspirations. It can help you to map out who you want to be and what you need to be that person. It might also help you see what impact alcohol has on this.

If you would like more information about alcohol, such as how alcohol works on your body or what the law says about alcohol, you can check out the Health Promotion Agency’s website www.alcohol.org.nz

Suggestions for exploring this map

You decide how you use this resource. E.g.

ALONE:
You could work through this map by yourself.

WITH SOMEONE:
You could ask someone to help you fill it out. This person needs to be really trustworthy – a friend you admire, a family member, a youth worker, a teacher, a counsellor, or anyone else who is helpful.

A BIT OF BOTH:
You could start by yourself and then show someone later.

Creating your social network

Begin by sketching your social networks below.
1. Draw yourself in the middle.
2. Draw shapes to represent the groups of people in your life. Does the shape, size or colour mean something? Does it mean something if the group of people is close to you? Or far away?
3. Name each group, and write the names of specific people in the shapes too.
Here are a bunch of questions designed to help you understand your identity – who you are and who you want to be. You can start anywhere you like on this map.

My top three skills are:
1.
2.
3.

How can these skills help me be who I want to be?

At school I’m:

At parties I’m:

Online I’m:

Choose two other social networks (from the circles you drew on the other side of this map)

My mates think I’m:

1. Happy
2. Caring
3. Humor

My parents/family think I’m:

1. Negative
2. Hardworking
3. Laid-back

I’d like my mates to think I’m:

I’d like my parents/family to think I’m:

Does alcohol affect who I am and who I want to be?

The good things?
The not so good things?

One thing about my drinking I would like to change

What do I value/believe in?

Who can I talk to about this map?

What I’m going to do next:

What will you do next?