

## MAPS – Making Action Plans

MAPS is a process used at a gathering to try to think about the person and what would make their life better. There is a facilitator who records the work of the group. Family and friends are invited to participate.

Question #1 - What is a MAP? What does a map mean to them?

Question #2 - What is the person's history or story?

Question #3 - What are your dreams?

Question #4 - What are your nightmares?

Question #5 - Who is the person? Participants say words that describe the individual.

Question #6 - What are the Person's strengths, gifts, and talents?

Question #7 - What does the person need?

Question #8 - What Is the Plan of Action?

## MAPS Process

START WITH..... WHAT IS A MAP?

HISTORY MAP.....Draw a picture of where the person has come from...highlights  
from their life.....struggles they have been through...tell their story

What are Your Dreams?.....It is important to hear from the person and to not let anyone be judgmental about what the person has in mind... This is the heart and soul of the MAPS process

What are your nightmares or fears?.....The MAPS process gives a safe place to let the monsters out of the closet and let us know what we need to work to avoid.

Who is the Person?.....Brainstorm and have people throw out words that help portray who the person is...let the person come up with several words to describe himself / herself. There are ways to turn negative perceptions into Positives...give it a try.

What are the Person's Strengths, Gifts, and Talents?.....Draw them graphically if possible.

What does the person need?..... This is in reference to making their dream come true? This should include both formal and informal supports.

What is the Plan of Action?..... Who will do what?.....when? Be specific!!!

