



MAP YOUR HEARTBREAK MAP YOUR IMPACT

PLEASE COMPLETE THE HEART

ON THE LEFT SIDE,
DRAW OR WRITE
ALL THINGS THAT
BREAK YOUR HEART

*Such as people in your community
who are homeless, impacts of
climate change, pollution, etc.*

ON THE RIGHT SIDE, DRAW
OR WRITE ALL THE THINGS
THAT YOU ARE GOOD AT

*Such as speaking to others, writing, researching,
drawing, singing etc. what are your talents,
skills, and resources?*



AROUND THE OUTSIDE
OF YOUR HEART DRAW
OR WRITE YOUR IDEAS,
BIG AND SMALL, FOR WAYS
TO RESOLVE THESE ISSUES.
EACH IDEA REPRESENTS A STEP
YOU CAN TAKE TO MAKE
A POSITIVE CHANGE.

HERE ARE A FEW QUESTIONS
TO GUIDE YOUR THINKING:

Who are the specific people that need your help?

What are the everyday things that they do? What?

*What are the biggest pain points that are the root
causes of their problems, their unmet needs or their
unfulfilled desires?*