

...the spheres of your life to see how they connect to each other; support or create tension. Experiment with changes and notice your responses. You are one person & your work and life are interconnected.

## Map...your spheres

Grab the materials you need & find yourself some quiet space where you will be un-disturbed for 20 minutes.

We participate and in many spheres (or systems) in our lives at any one time. Even if it's not the sphere we are physically in, they live within us.

You have 7 stickies, write your name on one and on each of the others I want you to name just 6 different spheres that exist in your life. Examples might be wife, husband, children, work, a particular project, an ill relative, a new opportunity, a job search. They can be individuals, groups, or things.

Consider your clear space as your world, if using a desk create a mental boundary of where it ends. If using a large piece of flip chart paper, the edges provide the boundary.

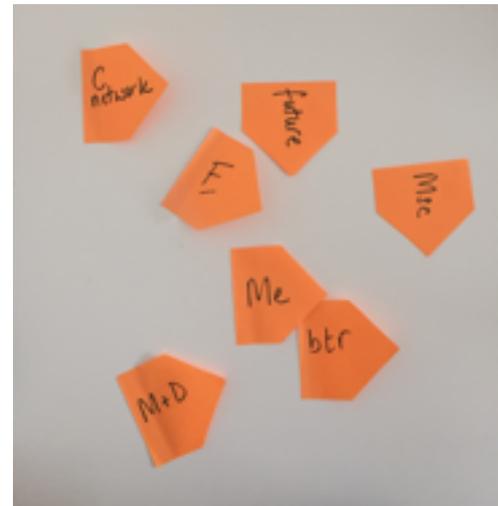
The next step is to intuitively and without judgement place your stickies onto your clear space. There is no right or wrong way. Go with your gut feel.

Ask yourself these questions:

1. What do you notice about your map? The direction of the arrows, the space between them?
2. What would you like to move? Why? What happens when you move it? Notice your response.

What you need...

- A clear flat space to create your map
- 7 Arrow stickies (I cut the corners off square ones with scissors to create a direction or you can draw on arrow)
- A pen
- Approx. 20 mins of time



To take this exercise to the next level and understand how this relates to your authentic leadership, contact Felicity at [info@bendtheriver.org](mailto:info@bendtheriver.org) or call on 07900 255380