HOPE for HIE SUPER SIBS

# Mapping What Matters

This activity is about noticing the things that matter to you and how they help you take care of yourself.

Dark Blue Circles: Write down things you enjoy or love doing.
**For example:** video games, reading, sports, cooking, music, or spending time with friends

Light Blue Circles: Write ways you could include more of these things in your life.
**For example:** planning ahead, letting family know your plans, inviting friends, finishing responsibilities earlier

Yellow Circles: Write why it's important to you.
**For example:** it helps you relax, makes you laugh, challenges you, helps you feel connected

This activity isn't about fixing anything. It's about noticing what fills your cup and making small, realistic choices. When you make time for things that help you feel good, it can make it easier to cope when life feels stressful or challenging.

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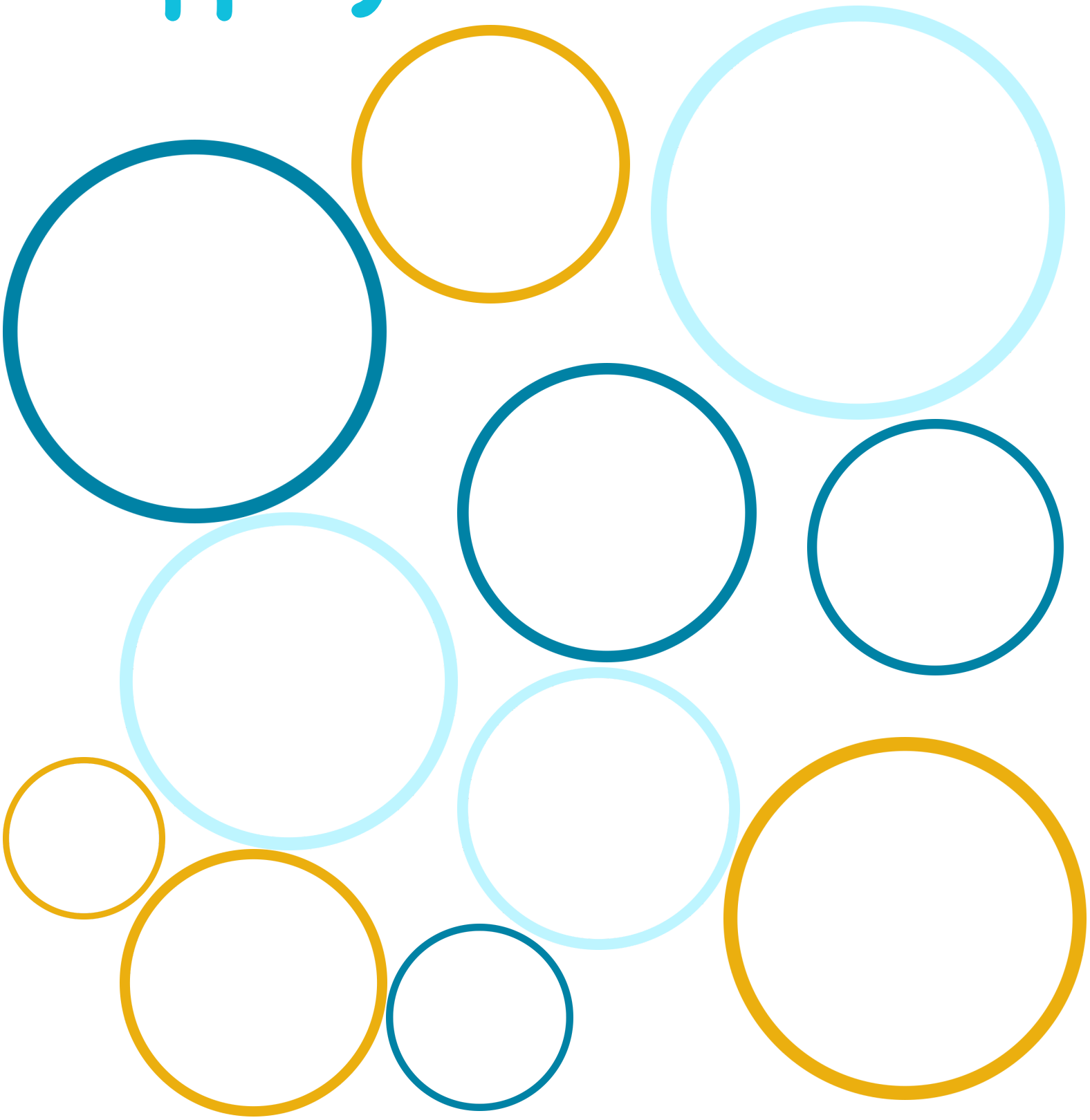
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