

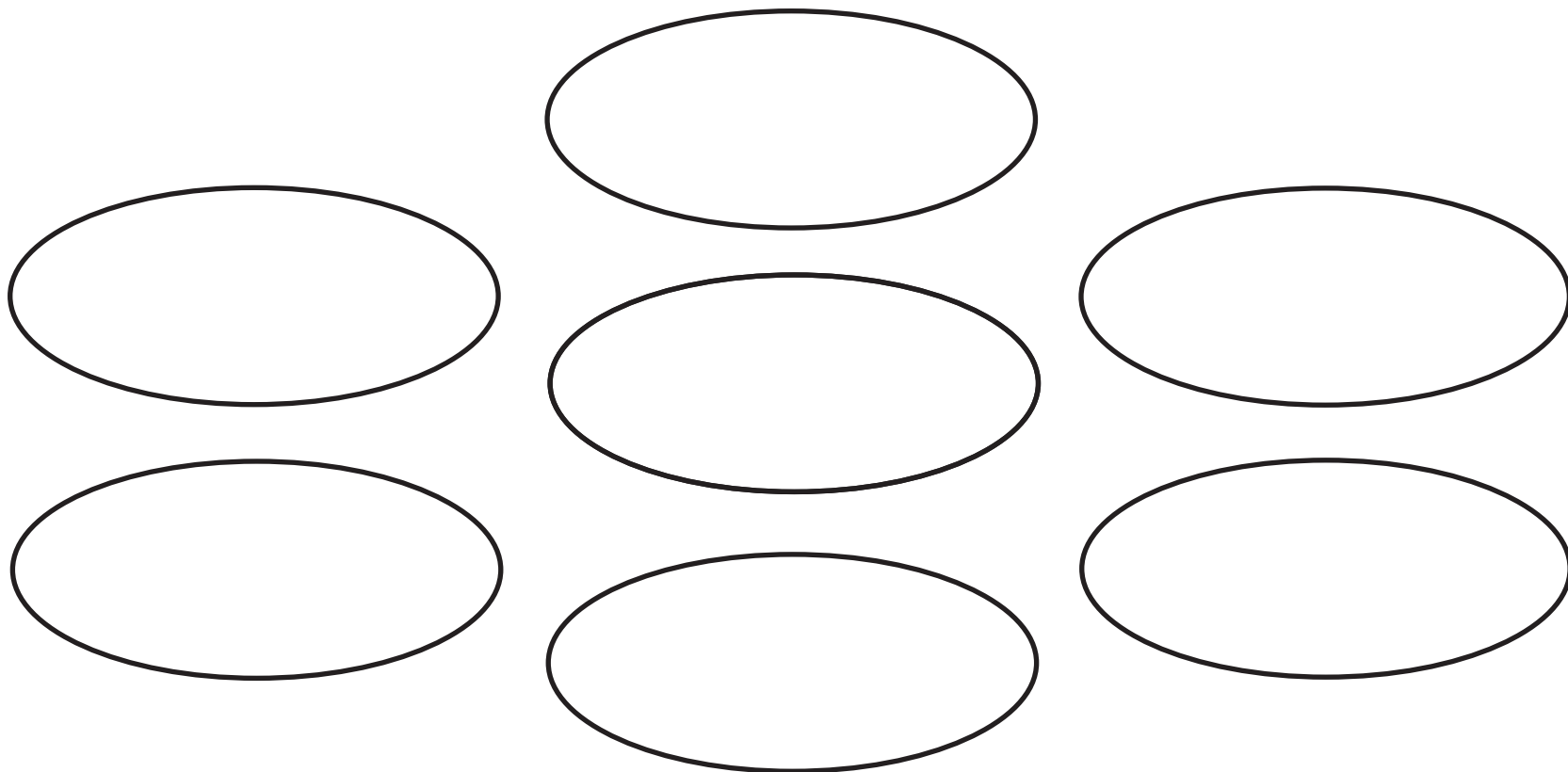
Keywords of description of the space

i.e. was it draining, exciting, inspiring, casual, formal...? Fill in the bubbles.

Name: _____

Location: _____

Date: _____



A grid of nine empty ovals arranged in three rows and three columns, intended for writing keywords to describe a space.

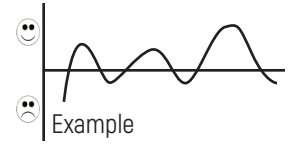
Map your emotional journey

Draw your feelings over time

Name: _____

Location: _____

Date: _____



A large rectangular frame containing a vertical axis on the left side. The vertical axis has a happy face at the top and a sad face at the bottom. A horizontal line crosses the vertical axis, serving as a baseline for the graph. The rest of the frame is empty, intended for drawing a line representing emotional fluctuations over time.

EVENTS/ACTIONS

What happens?

PATTERNS OF BEHAVIOUR

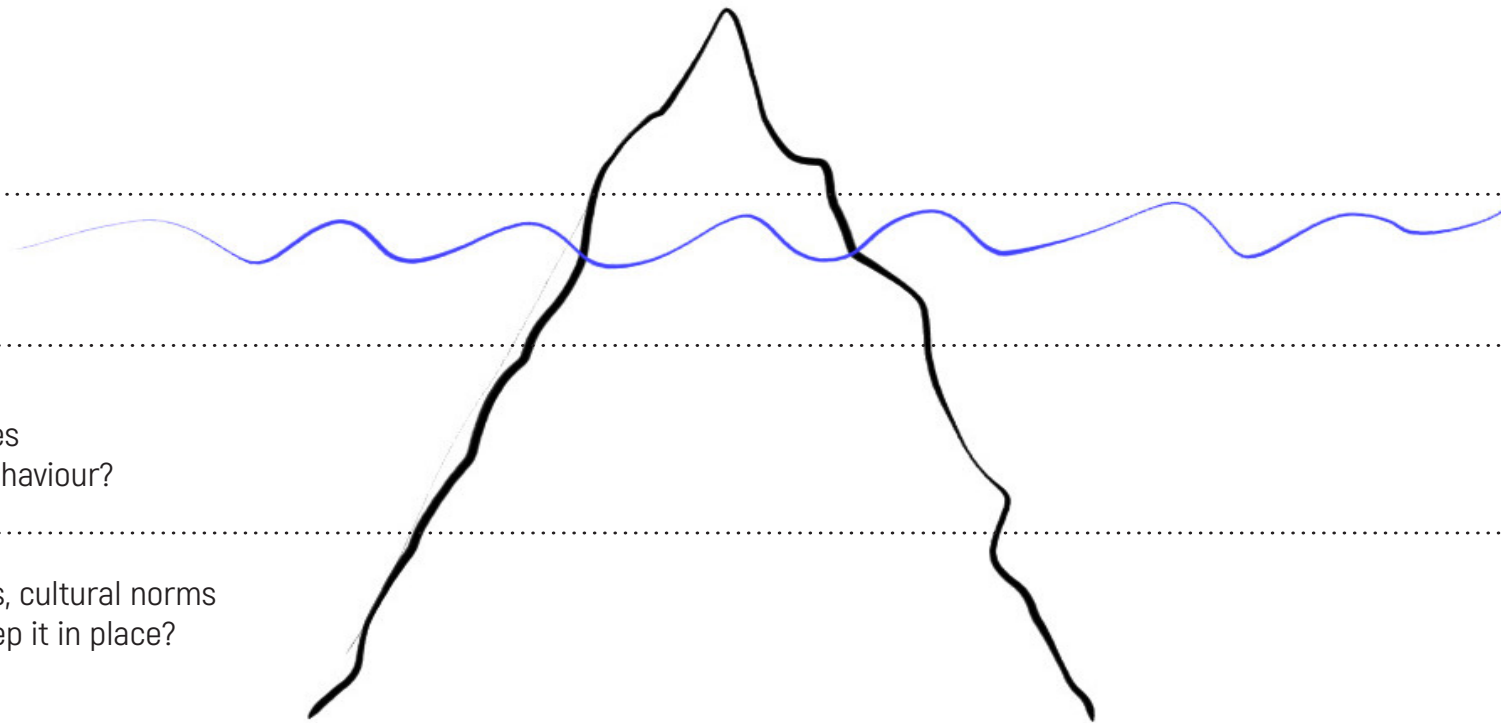
What patterns/trends are there over time?

SYSTEMS & STRUCTURES

What underlying influences affect those patterns of behaviour?

MENTAL MODELS

What beliefs, assumptions, cultural norms shape the system and keep it in place?



Share three highlights from your learning journey

Name: _____

Location: _____

Date: _____

Highlight #1

Highlight #2

Highlight #3



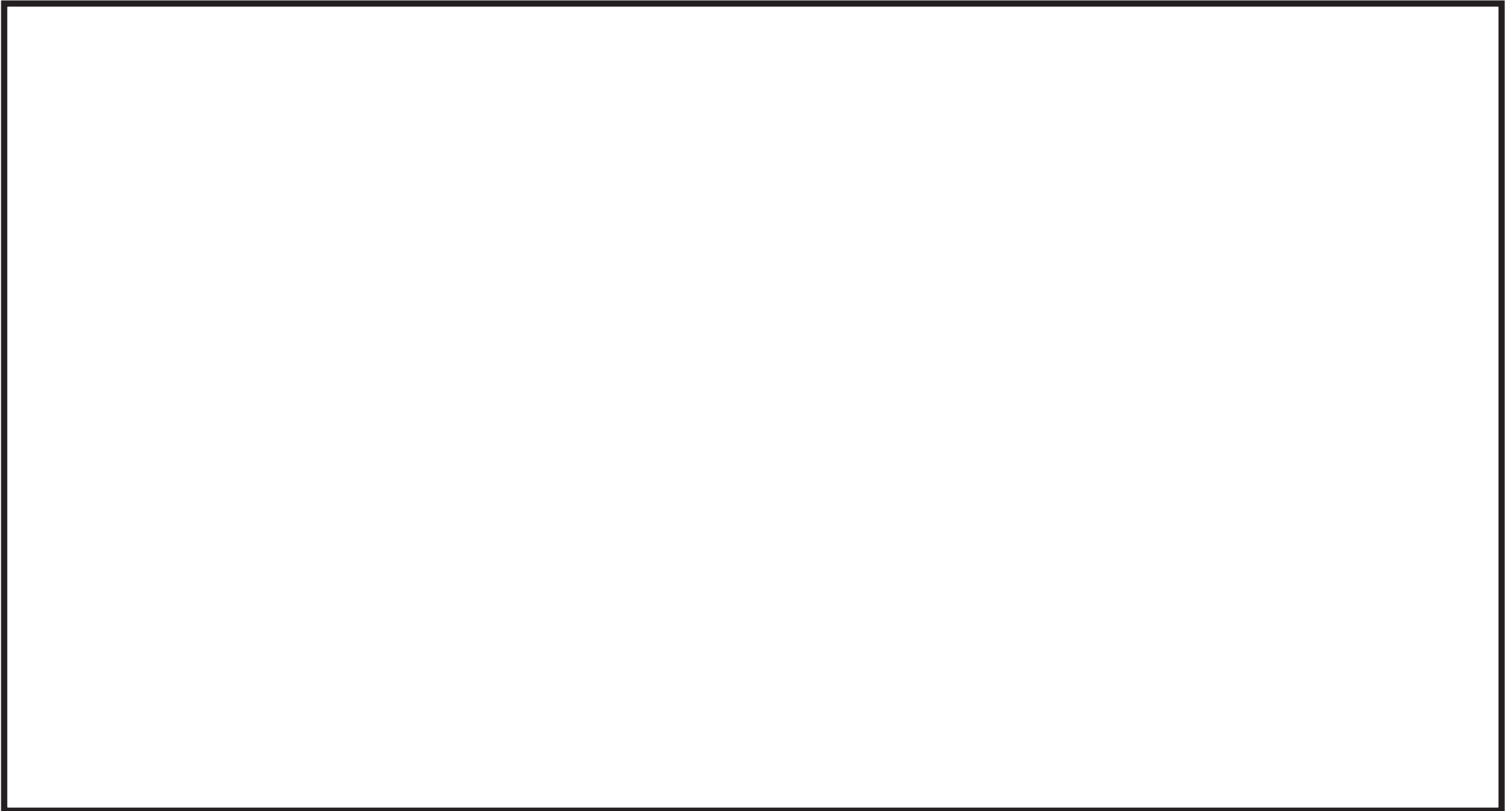
Draw the space

i.e. Furniture type/location. Where are people? What's on the walls?

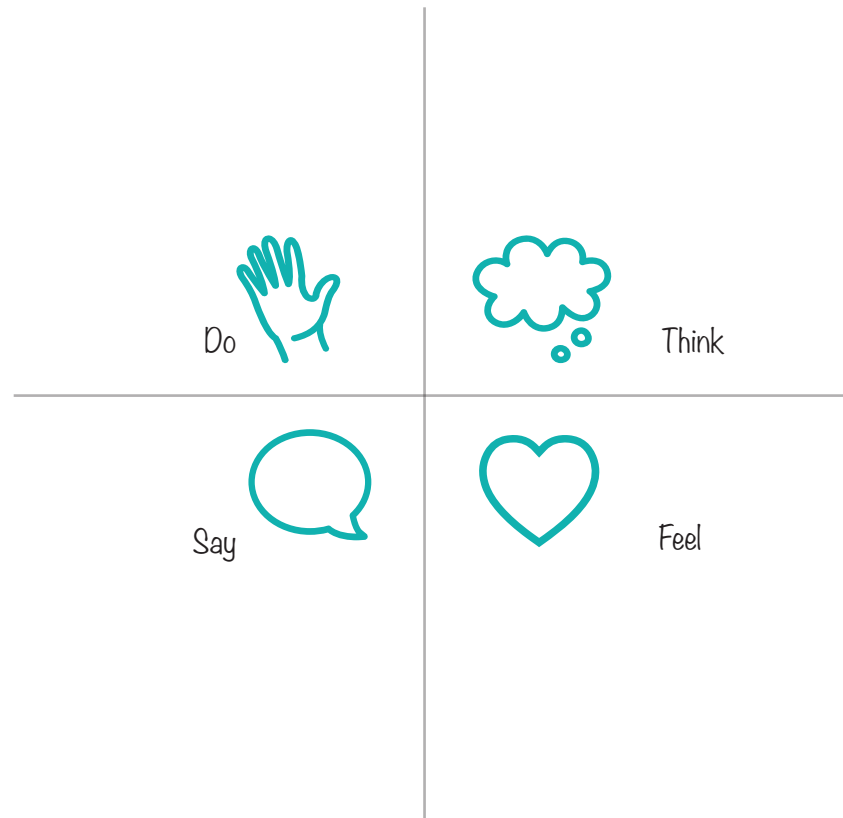
Name: _____

Location: _____

Date: _____



EMPATHY MAP



Pain
fears
frustrations
obstacles

Gain
wants/needs
measures of success
obstacles