



# *Brown Mamas'*

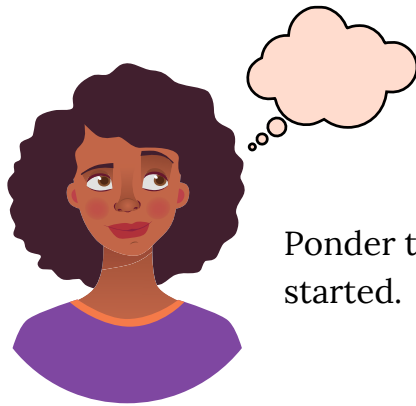
ASSET MAPPING JOURNAL

# WHAT IS ASSET MAPPING?



Asset mapping is a way of organizing information about the strengths, weaknesses, resources, available opportunities among the people around you, organizations you engage with and communities you are a part of.

Answer the questions on the following pages to begin building your asset map.



Ponder these questions before you get started.

1. Who are the people you spend the most time with? What do they offer to your life?
2. When was the last time you visited an organization in your community?
3. How do you show up for yourself?
4. When was the last time you asked someone for help?

# FIND THE KEYS



LET'S FIND THE KEYS IN YOUR LIFE

## SELF

What do you do well?

## SELF

What abilities do you have?

## FAMILIAL

Who are your closest family members?  
How do they help you?

## FAMILIAL

What skill sets do your close family  
members have that could help you?

## INSTITUTIONS

What organizations are in your  
neighborhood?

## INSTITUTIONS

What do the organizations in your  
community do? What resources do they  
have?

# FIND THE KEYS



LET'S FIND THE KEYS IN YOUR LIFE

## INSTITUTIONS

Do you know anyone who works at the institutions in your community? What do they do?

## CURRICULA

What books do you have at home? Do you know of any conferences or workshops you could learn a new skill from?

## CONNECTED NETWORKS

What networks, clubs, groups exist in your community or surrounding neighborhoods?

## CONNECTED NETWORKS

Is there an organization or person you'd like to connect to through people you know or organizations you're connected with?

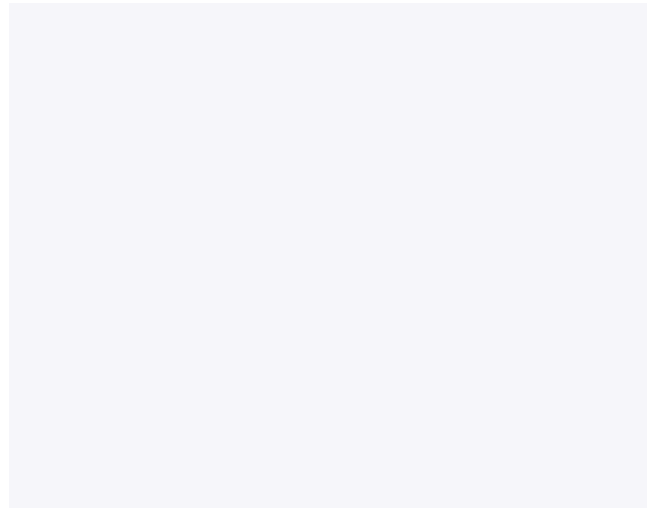
# LET'S MAKE THE CONNECTIONS

Using the head, hearts, hands model, let's organize our assets.

## HEAD

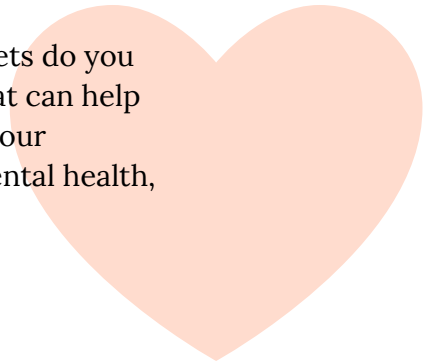


What people/assets do you have access to that can help you think through your problems, learn more and grow?



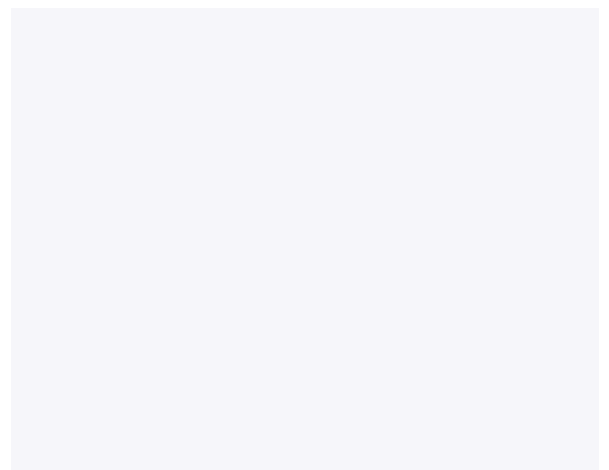
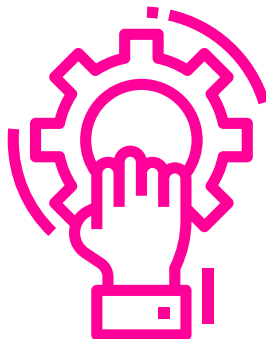
## HEART

What people/assets do you have access to that can help you take care of your emotional and mental health, and to feel better.



## HANDS

What people/assets do you have access to that can help you execute task (grocery shopping, transportation, doctor appointments, etc.)?



# ACTION ITEMS



Use the chart below to make a list of task you need to accomplish and the corresponding person, organization or asset you can use to complete the task.

**PRESSING TASK**

**PERSON OR ASSET**
