LIFEHOUSE
BODY & SOUL

My Parts Map

Throughout the week, mindfully notice the different energies and personalities that emerge in different situations. Use the space below to visually represent these parts through images and/or words. You might use lines or arrows to represent ways these different parts interact, creating a unique map that is meaningful to you. You might remember to include and consider parts that interact with food, body, or exercise, if this is a current struggle. You might also include personas that emerge in relationship.