



# Your MAP



## Taking Stock

*How am I doing right now?*

## Goals

*Where do I want to go?*

## Action Steps

*What are the practical steps needed to get there?*

## Who will help?

*How can others help me?*



**"I came that they might have life and have it abundantly." John 10:10**

## L'Arche MAP Process: A Unique Discernment Tool

*"The place God calls you to is the place where your deep gladness and the world's deep hunger meet." -F Buechner*

**A MAPPING** is a person-centered process where the individual and people important to him/her talk about how the person is doing and what he/she wants to do in the coming year, setting goals and the steps to get to them. The focus is on the person's *dreams and wishes*.

**What makes it different?** In Ignatian terms, the MAP is a process that involves the examen, the daily awareness of how God is moving us, and discernment, where God is calling us. Though designed for our core people, those in the community with intellectual disabilities, it offers gifts that are helpful to *all of us*. It intends to be:

- **Welcoming and celebratory** of the particular person as you are right now. It is unique to you, involving details that help you feel known. Henri Nouwen says, "We forget so quickly that we are God's beloved ...Therefore we have to be reminded of our belovedness and remind others of theirs. " Start with that in any discernment.
- **Communal/mutual** – We believe that those who care about us and know us best have particular support and perspective to share that will help us discern, decide and commit. There is mutual give and take with those around us that moves us into fuller life.

### Preparation:

- **Set a time frame for this process.** This is what helps it to actually happen!
- **Decide for yourself who it makes sense/feels right to invite in to your process – and then invite them in!** Who are the people who know you well, who can help you see your gifts, name your desires, and accept where you may need help. It might mean a gathering, conversations or an email to key people that allows them to name your gifts, times they've seen you most at home or joyful, and how they might support you.
- **Image/theme:** Consider a theme that makes sense to you to frame your MAP/discernment – something that speaks to who your best, fullest, gladdest self is – an image, a picture, a song, a poem, a piece of scripture. Keep it somewhere visible to you – your bedroom mirror/door, your laptop or phone background image – so that it stays with you and reminds you of your hopes, gifts and belovedness.

### Process

1. **Take Stock:** How am I doing now? What is moving me, energizing me? What does my image or theme say to me? What is lacking? What are my interests, gifts and desires? What key experiences and stories tell me about this? What do others say?
2. **Make Goals:** Given where I am now, where do I want to go? What would I like to be doing next semester, in the year ahead, in five years? How do others imagine me and how does that sit with me? What rises to the top?
3. **Plan Action Steps:** What are the action steps to attain these goals?
4. **Involve Others:** Who will be involved in the action steps? Who can help and how?

**Follow up:** Revisit along the way and after progressing towards the goals:

- Is this taking me where I want to go? Is there consolation, joy, a sense of being known?
- Am I moving towards my deep gladness (the world's deep hunger will be present there)?
- Am I remembering to celebrate?
- Am I allowing the process to be communal, mutual? How does that feel? What am I learning from that?