



Reflection Activity & Questions

INDIVIDUAL ASSET MAPPING

The following asset mapping exercise is useful to help us understand the power to and power within that operates at the individual level. When we examine the personal power we hold in our social circles, we see how we might use this power, possibly increase it, or even discover new places of power. It helps us think creatively about how we might leverage it. Personal power is about our influence: How we can leverage our unique skills and the spaces and places we have access to further equity in our communities?

By examining our personal assets, we can begin to see power not as a “top-down” strategy, but as a tool to activate change upward, downward, or laterally by using our own personal power.

Take 10 minutes to reflect upon and provide answers to the questions in each of the circles below. By doing so, you are practicing “individual level power mapping” and should leave with a greater awareness of how your individual assets hold power. This power can be used, when needed, to leverage change.

Thinking about the positions you hold in various spaces, what role do you play within your organization, on committees, boards, councils, etc? What does your network look like because of these roles?

Where do you spend your time? Have access to? Go during the day?



What do you do for fun?
Talents? Strengths? Gifts?
Interests? Hobbies?

What groups, clubs,
organizations are you
involved with?

Thinking about all the people
in your life, who are you in a
relationship with? What types
of relationships do you have?



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