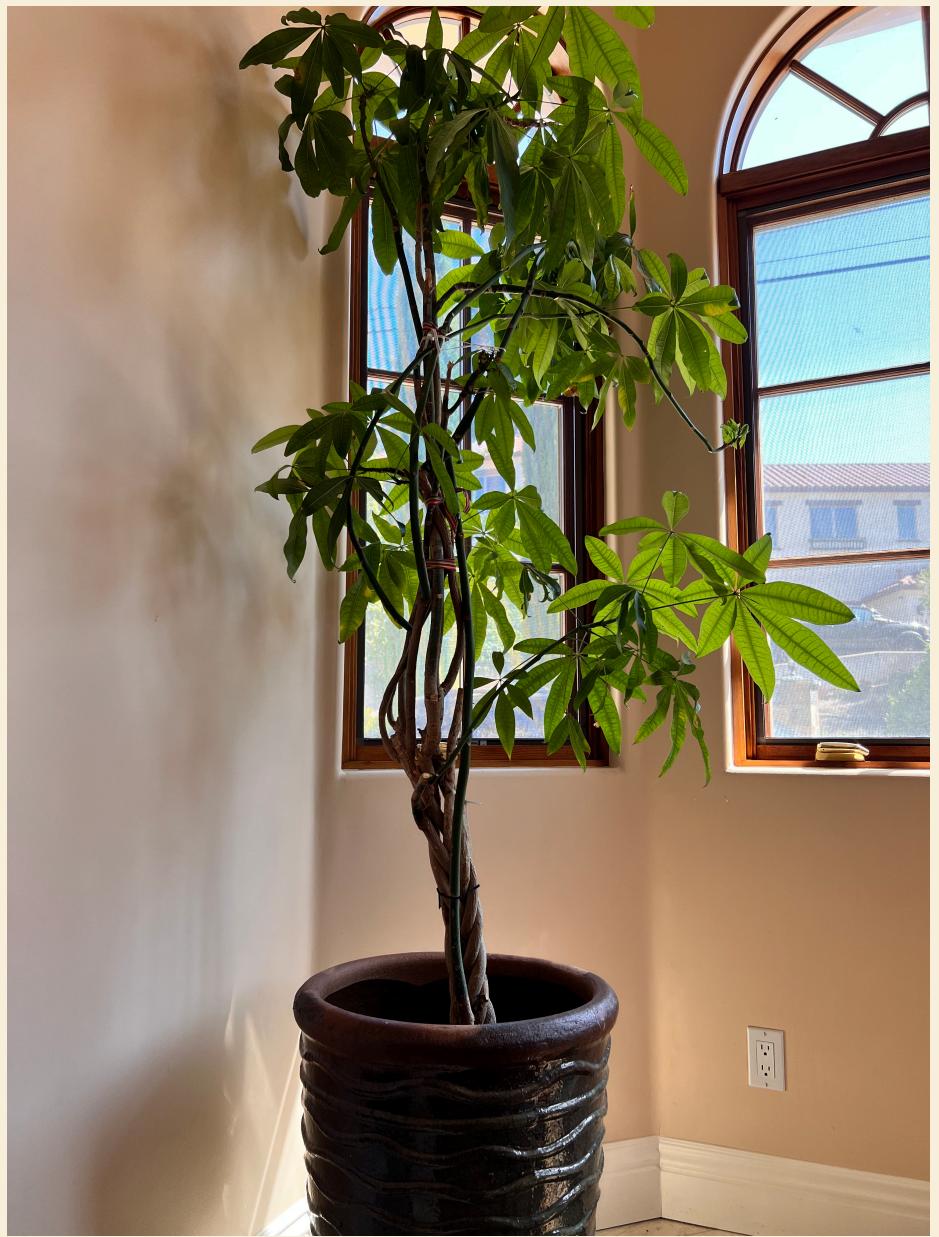




# Exploring Your Care Space

Worksheet



# Exploring Your Care Space

In this activity, you will delve into a space you associate with positive emotions and explore its significance through the objects that are there. Everyday environments hold valuable insights into relationships, emotions and memories. By engaging with objects within your care space, you can deepen your understanding of yourself and the connections that bring meaning to your life. You can then use this awareness to create or improve environments to foster wellbeing.

This process is not just about the physical objects but also about the intangible aspects of care, such as the emotional support and memories associated with your space. Embrace the journey of self-discovery, and allow your care space to become a canvas for deeper understanding and personal growth.

Use the space in this worksheet to document your observations and reflections or feel free to do the same in your own notebook or journal.

## STEP 1

### Choose a Care Space

Select a specific place that holds special meaning to you — a room in your home, a favorite spot in nature, a workspace, or any location you associate with care and positive emotions. Write down the name of the space.

Care space: \_\_\_\_\_

## STEP 2

# Observe and Document

Spend some time in your chosen care space, and play close attention to the objects and items within it. Start by selecting a few notable items to consider. Fill in the table with notes about each item, describing its appearance, function, and any memories or emotions it evokes. Consider how each item contributes to the overall ambiance of the space.

**Why** — Why is this object in your care space? What does it do? What purpose does it serve?

**How** — How does this object's presence make you feel? How does it contribute to your overall sense of care and wellbeing?

**Who** — What memories does it evoke? What specific person, place, and/or event does it remind you of?

Object	Why	How	Who

STEP 3

## Map the Objects

Create a visual representation of your care space and its objects. Draw simple sketches of each of the objects, organizing them on the page in a way that feels natural to you. Write the names of the people associated with each object (from the Who column in the table) next to each object. Consider drawing arrows or lines to represent relationships between items and people.

STEP 4

## Explore Care Networks

Think beyond individual objects and consider the broader network of care surrounding your space. Who are the people, pets, or communities that contribute to the care and maintenance of this space? Note down their names and roles on your map.

STEP 5

## Identify Patterns and Themes

Step back and review your map and your notes in the table. Look for patterns and themes that emerge from the objects and connections you've documented. Consider how these patterns relate to your values, interests, and emotional needs.

Use the insights gained from this exploration to better understand yourself and your relationship to the space you associate with positive emotions and care. Consider how this knowledge can help you cultivate more intentional and nurturing environments and relationships in your life.



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