

Heart Maps

The purpose of the heart map is to brainstorm topics for writing. It is generally very easy to write about things that matter to us; use this map as a starting point when you struggle with topics to write about.

1. Draw a large heart on your paper (should take up most of the page).
2. Inside the heart, draw a smaller heart—this is your ‘heart of hearts’.
3. Inside the smallest heart, write things that are the MOST important to you.
4. On the outside rim of the small heart, write other things that are very special or important to you.
5. In the large heart, write things you like, things you enjoy, things which intrigue you, etc. Write as many things as possible. (Hobbies, colors, foods, places, people, restaurants, roller coasters, sports, teams, animals, etc.)
6. On the outside of the large heart, write titles of songs which are important to you—not just songs you like, but songs that have a special meaning to you, songs that resonate with you, songs you feel were written just about you.

