# Mapping your assets – worksheet

Understanding your own assets begins by acknowledging all you may bring to your community – this includes your talents, skills, knowledge, resources, work experience and social connections (often referred to as social capital).

Mapping your own assets provides insight into how this process can be utilised to map the assets in your community.

Try to list at least three (3) things in each category.

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| **Head****A picture containing silhouette, arch  Description automatically generated** | ***Things I know something about and would enjoy sharing*** *E.g. local history, business management, catering and food preparation* |
| **Hands****A picture containing dark  Description automatically generated** | ***Things I know how to do and enjoy doing****E.g. gardening, project management, painting, fundraising* |
| **Heart****Shape  Description automatically generated** | ***Things I care deeply about****E.g. the environment, animal welfare, supporting young people* |
| **Feet****Shape  Description automatically generated with medium confidence** | ***Contacts and networks that I have****E.g. committees, groups, sporting clubs* |

**Source:**

This form has been adapted from A Guide to Asset Mapping by Bank of I.D.E.A.S. [www.bankofideas.com.au](http://www.bankofideas.com.au)