

EXPLORE WHO YOU ARE BY CREATING YOUR OWN TREE OF LIFE

The tree of life is a visual metaphor in which a tree represents your life, and the various elements that make it up - past, present and future.

By labeling these parts, you not only begin to discover (or rediscover) aspects of yourself shaped by the past, but you can then begin to actively cultivate your tree to reflect the kind of person you want to be moving forward.

Draw a tree with the following parts:

THE ROOTS

Write down where you come from on the roots. This can be your home town, state, country, etc. You could also write down the culture you grew up in, a club or organization that shaped your youth, or a parent / guardian.

THE GROUND

Write down the things you choose to do on a weekly basis on the ground. These should not be things you are forced to do, but rather things you have chosen to do for yourself.

THE TRUNK

Write your skills and values on the trunk.

THE LEAVES

Write down the names of those who are significant to you in a positive way. Your friends, family, pets, heroes, etc.

THE FLOWERS & SEEDS

Write down the legacies you wish to leave to others on the flowers and seeds.

CHEAT SHEET OF TREE PARTS



MY TREE OF LIFE