

TREE OF LIFE: LOOKING INSIDE TO GAIN MORE SELF-AWARENESS

The concept of the "tree of life" has been around for centuries and has been used by various cultures as a symbol of growth, strength, and resilience. In this activity, we will use the metaphor of a tree and help you explore the different parts of your life, past, present, and future, and how they contribute to who you are today.



Let's get started!



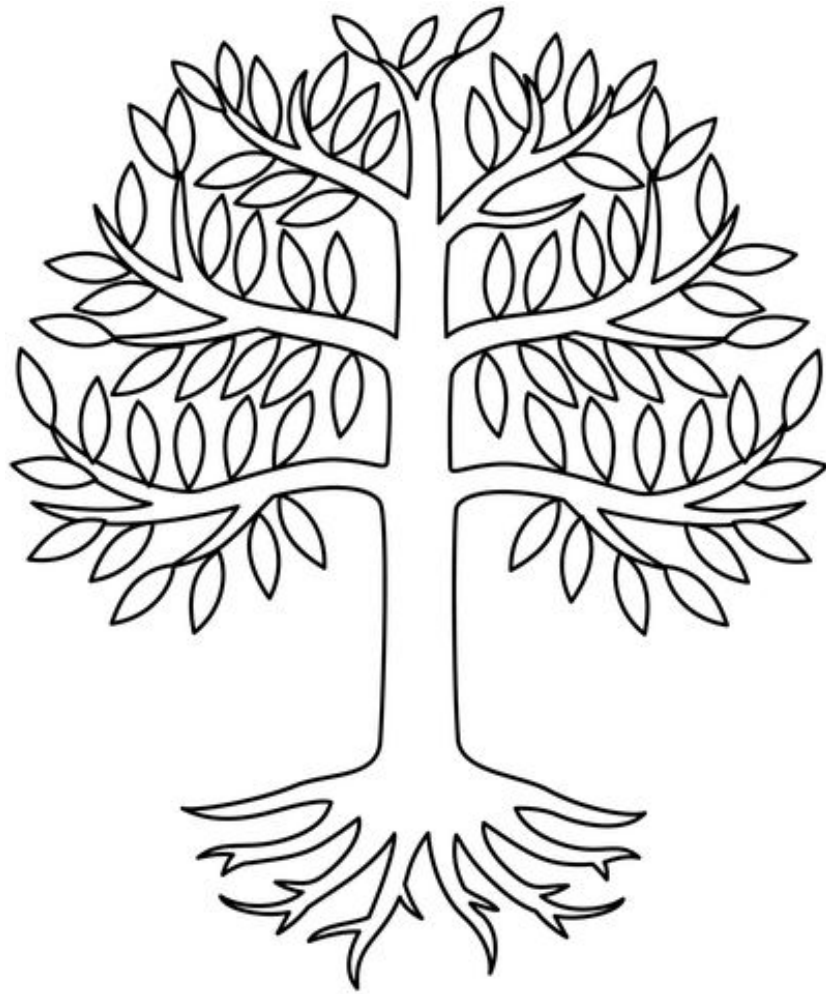
Here's what you'll need:

- Piece of paper
- Pencil/ pen
- Colours/ sketch pens (optional)

Step 1:

Draw a tree on a piece of paper or take a print of this worksheet to use the tree template given below. Please see, this is your tree.

P.S. It can be of any colour and can have as many elements as you'd like your tree to have.



Step 2:

Label the roots of the tree with events, experiences, or people from your past that have shaped who you are today. These can be positive or negative experiences.

Step 3:

Label the trunk of the tree with your current values, beliefs, and personality traits that make up who you are today.

Step 4:

Label the branches of the tree with your goals, aspirations, and dreams for the future.

Step 5:

Label your leaves as areas where you need support to grow more. And label branches as areas of learning and growth'

Step 6:

Label the flowers to be your strengths and skills that will help you achieve your branches

Step 7:

Take a moment to reflect on your tree as you go through the following questions, feel free to write down the answers on a separate piece of paper or take print out of this worksheet and fill in the answers.

Are there any parts that you would like to change or grow?

Are there any parts that you are particularly proud of?

Write down any actions you can take to nurture the parts of your tree that you would like to grow or change.

The narrative tree of life is a powerful tool for self-reflection and personal growth. By understanding the different parts of our lives and how they contribute to who we are today, we can actively cultivate the kind of person we want to be in the future.

Remember, it is never too late to start growing and nurturing your tree.

