

My Tree of Life

Write your answers in the box. You are invited to color the tree & connect your answers to the tree.

SUNLIGHT, WATER, DIRT: What serves as your nourishment to your body, mind & spirit?

LEAVES & BRANCHES: What actions do you need to embody that make you grow, thrive, expand, reach new heights?

PRUNING: What do you need to cut off? Who and/or what do you need to let go in your life so you can thrive?

TRUNK: Who and/or what makes you strong, stable, resilient?

ROOTS: Who and/or what is your main support during difficult or challenging times – say, when life's ground is shaky?



SEED OR FRUIT: What seeds you want to plant in your life, or fruits you want to harvest in the future? What are your hopes & dreams? Who would you like to serve?

GOOD BUGS & PLANTS TO INTEGRATE IN YOUR ENVIRONMENT: What life-giving symbiotic relationship with others help you grow/thrive?

BAD BUGS & PLANTS IN YOUR ENVIRONMENT: What things - actions or people - in your life will potentially overtake or overwhelm you and put you in danger?

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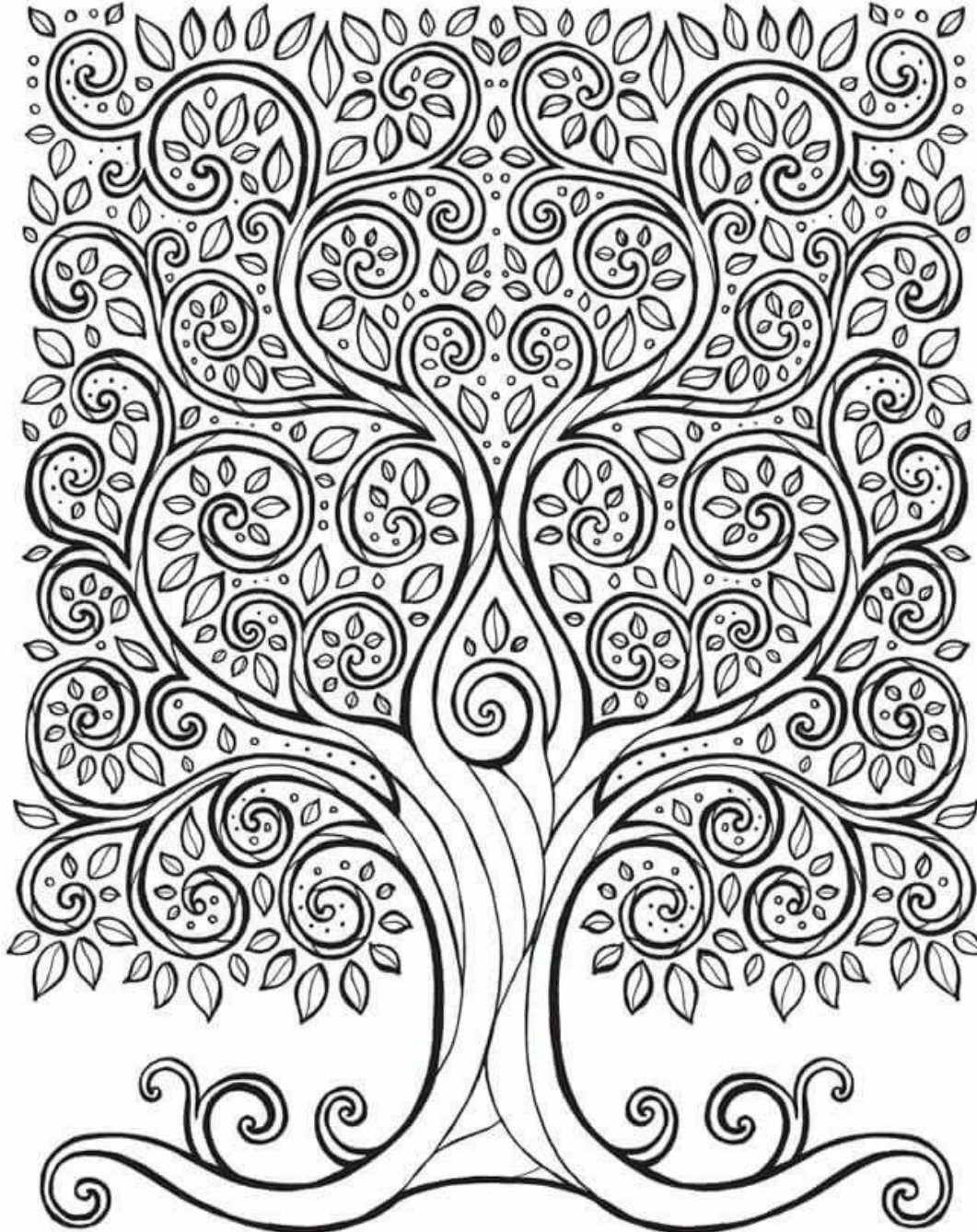
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WHICH PART(S) OF THE STORY IS ABOUT YOU?

SEED in the DIRT

In what ways in your life have your seeds landed in the dirt? in the dark?



GROWTH of the TREE

In what ways are you called to expand and grow from the dark dirt out into the light?



PROVIDING SHELTER

In what ways are you called to become shelter for others? What are the ways that you are called to serve others?

