

## TREE OF LIFE GUIDE

**NOURISHMENT:** What is your source of nourishment? Your fertile ground, your sun & rain?  
(What renews you?)

**TRUNK & ROOTS:** How do you stay grounded & stable?



**PRUNING:** What do you need to let go of in order to grow and thrive?

**NEW SEEDS:** What new seeds need to be planted in your life?

**FRUITS TO HARVEST:** What are your hopes, visions, dreams in the future?

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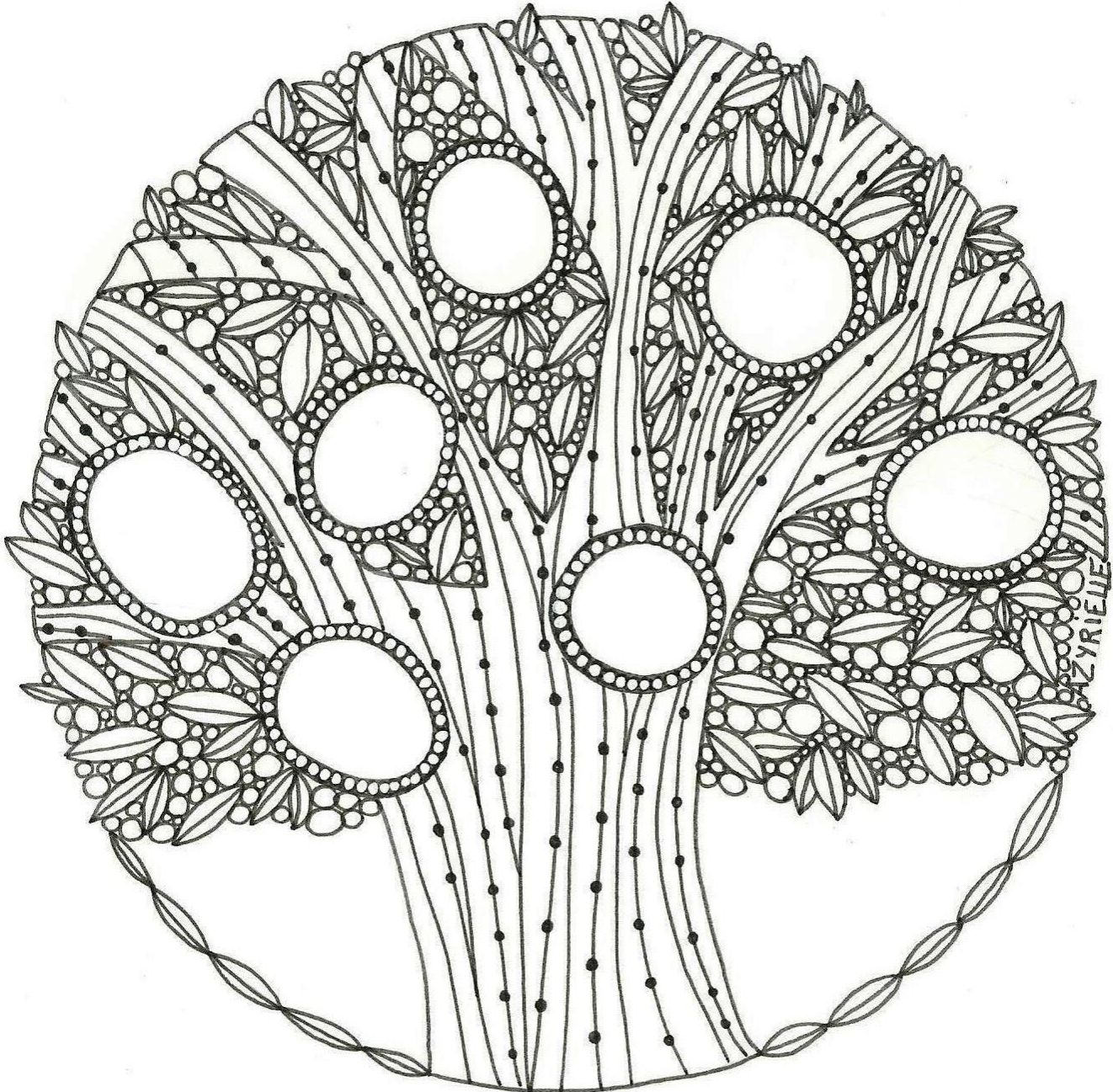
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**DIRT (Your Soil/Fertilizer)** – Challenging things in life. How might these challenges potentially be transformed into something life-giving? (Ex., inner wisdom, self-awareness, resilience, etc)

**RAIN & SUN:** What renews (revitalizes) you? (Ex., nature, cooking, creativity, loving relationships?)

## **ROOTS & TRUNK: SUPPORTING BASE – Positive Actions, Activities or Relationships**

- Counselor / Therapist / Social Worker / Advocates
- Your Psychiatrist, Nurse, Behavioral Tech
- Spiritual Guide: Pastor, Chaplain, Friend
- Name a Family and/or Friend who support you – accept you and don't judge you
  - Family: parent, sibling, grandparents, cousins
  - Friend: classmate, relative, teacher, mentor, church pastor, coach
- Peers/friend who have similar experiences (similar health challenges) & will guide you
- Community of support
  - School staff, faith community, neighbors
  - Support groups (recovery groups, clubs, extra-curricular groups)
- Sports, hobby, interests, causes you are passionate about

**PRUNING: Things you need to let go – toxic relationships, unhealthy life patterns/behavior (addictions?), etcetera.**

## **SEEDS TO PLANT**

Purpose / Goal / Direction

Vision

Mentor / Community Support / Guidance

Friendship / Companionship

Patience

Gratitude / Grace / Thankfulness

Hope

Recognition

Good communication

Cooperation

Kindness

Belonging

Appreciation

Acceptance

Connection

Respect

Nurture

Authenticity

Honesty

Creativity

Transparency

Commitment

Rest and Sleep

Solitude

Peace

Resilience / Perseverance

Mutuality

Laughter / Joy / Fun

Play

Presence

Freedom

Inspiration

Choice / Autonomy

Space

Meaning

Awareness

Tenderness

Inclusion

Learning & Growth

Self-Respect

Healing

Vision / Dreams

To Grieve

Love

Consideration

Empathy

Community

Understanding

Trust

Support

Stability

Safety

Exercise

Financial Security: Shelter, Food

## **LEAVES & BRANCHES – Your Healthy Actions, To-Do's**

- Get some rest!
- Turn off electronics – unplug from the virtual world.
- Not weigh yourself
- Think positive thoughts! – Make a list of self-affirmations. Your accomplishments & gifts.
- Exercise and eat well!
- Give yourself a break! Forgive yourself
- Love & Accept yourself – your gifts & imperfections!
- Pick up a hobby! Integrate an activity that is fun, healthy, gives you joy.
- Be mindful! Stay present. Live one day at a time.
- Pro-active in seeking help/support! Not self-isolate.
- Practice gratitude – name gifts in your life.
- Take time to be with nature.
- Have a spiritual practice – Learn to meditate, take retreats, journal, healing music, etcetera.
- Create positive goals: set a plan, put in calendar. Discipline/commit to schedule.

## **FRUITS TO HARVEST IN THE FUTURE**

**Examples:** Get an education, a profession

Find a job

A healthy relationship (partnership)

A supportive community that is loving

Be an advocate, helper

Learn a new skill

Finish a project

Join a group that has your interest

Travel to a place you want to explore/visit