

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 for the future?

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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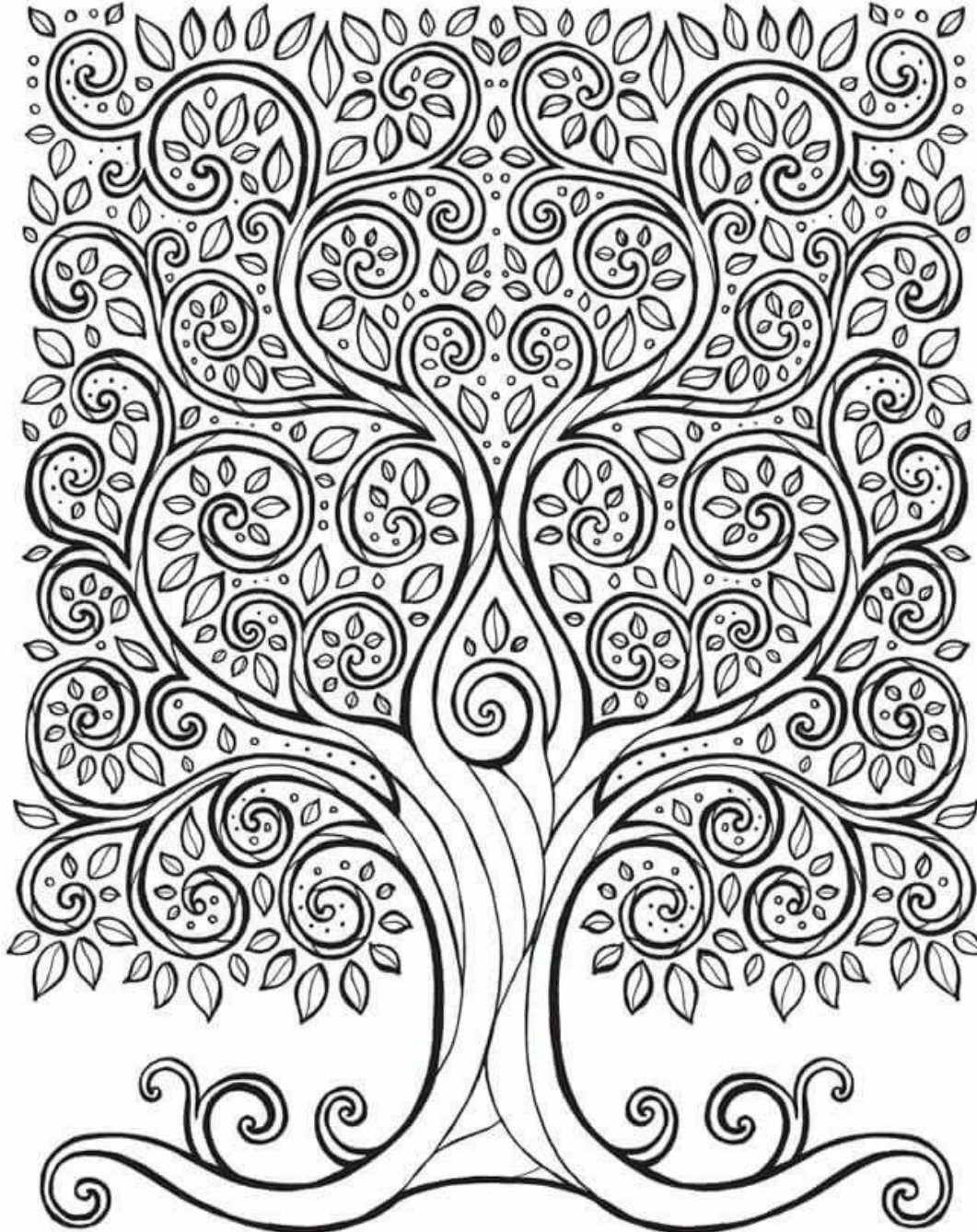
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