

The Tree of Life

The Tree of Life represents who you are. On the drawing on the next page, write some words that answer the questions about each part of the tree. Feel free to add your own touches, some color, or even to draw your own tree on a fresh piece of paper. You can use this drawing to help tell your story to your therapist or to others who are important to you.



Fruits

What are the gifts you have been given in life?

What do you have to offer others?

What can you make with these fruits?



Leaves

Who are the people (living or dead) who mean the most to you?



Branches

What are your hopes and dreams?

What do you want for yourself in the future?



Trunk

What are your skills and abilities?

What are your strengths?



Ground

Where do you live now?

What does your everyday life look like?



Roots

What is important to you about your family history and culture?

What is a treasured memory or object from the past?

What is needed to make your tree grow tall and strong?

My Tree of Life

