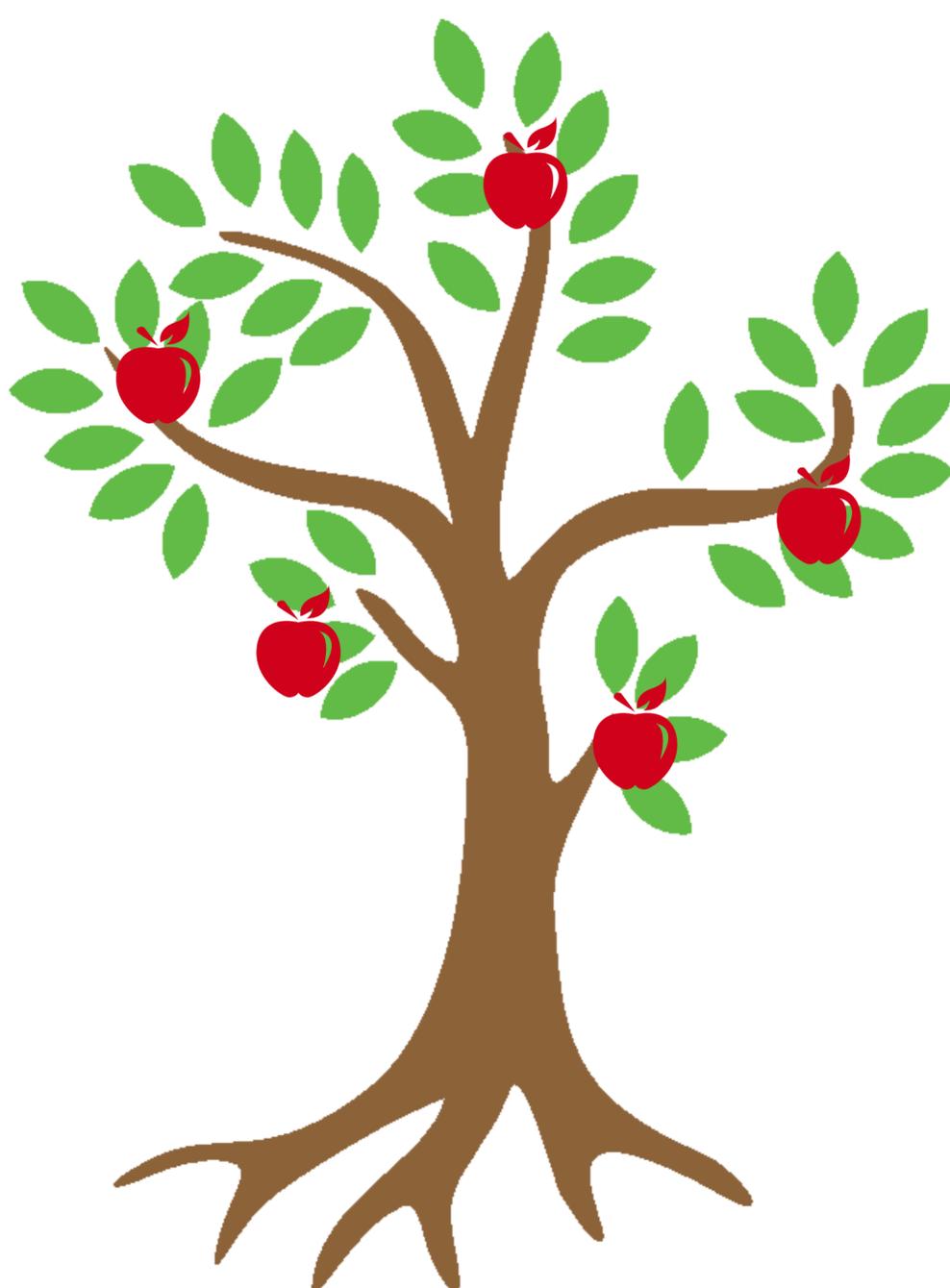


Tree of Life



Tree of Life

- **Draw your Tree of Life** – It can represent you as an individual or you within your family network. Understand how your network is shaped by its past and current experiences, continues to grow using its strengths and skills and how you and your family network can continue to cultivate its strengths moving forward into the future.
- **Roots** - Where you come from. Could be places, people, ideas.
- **Ground** - Where you live now, everyday activities
Trunk- skills and abilities, what you value about yourself and is important to you.
- **Branches** - Hopes and dreams, where you would like your life to be heading.
- **Leaves** - Significant people in your life, could be living or passed, known or not met.
- **Fruits** – ‘Gifts’ you have received – knowledge, skills, talents, beliefs and values.
- **Seeds** – ‘Gifts’ you have given or hope to give – your knowledge, skills, talents, beliefs and values.

