

Action Sheet: Tree of Life Exercise



If you are using the illustration, label each element as instructed. If you wish to draw your own tree, include the roots, ground, trunk, branches, and leaves.

- Identify your roots. Around the roots name where you came from, to include people, ideas, places, traditions, religion, and ancestry. Name people who have taught you the most in life.
- Label the ground with what keeps you grounded. Name where you currently live and what activities you do in your everyday life.
- Around the trunk, name what you value, what skill and abilities you have, what qualities and characteristics you have, what are you committed to, and your purpose.
- Label the branches with your hopes, dreams, and wishes, and where you would like your life to be heading.
- Label the leaves with people important to you. This can include those living or deceased, or someone you never met but impacted your life, like an author, musician, or historical figure.
- Draw fruit on your tree and label them with gifts you have received or legacies others have passed on to you. This includes love, care, or kindnesses done for you.
- Draw seeds of the tree and identify them as gifts you want to give or legacies you want to leave to others.

After examining your tree full of answers, did telling your story from your perspective reveal anything new to you? Did it help you remember something important? Were you reminded of your gifts and abilities? Did the exercise help you focus on what to hold on to, or let go of, to benefit you and your future?