The Tree of Life



My Story

Solid ground



Solid ground means I feel safe.

What makes me feel

• calm?

• happy?

• safe?

Roots



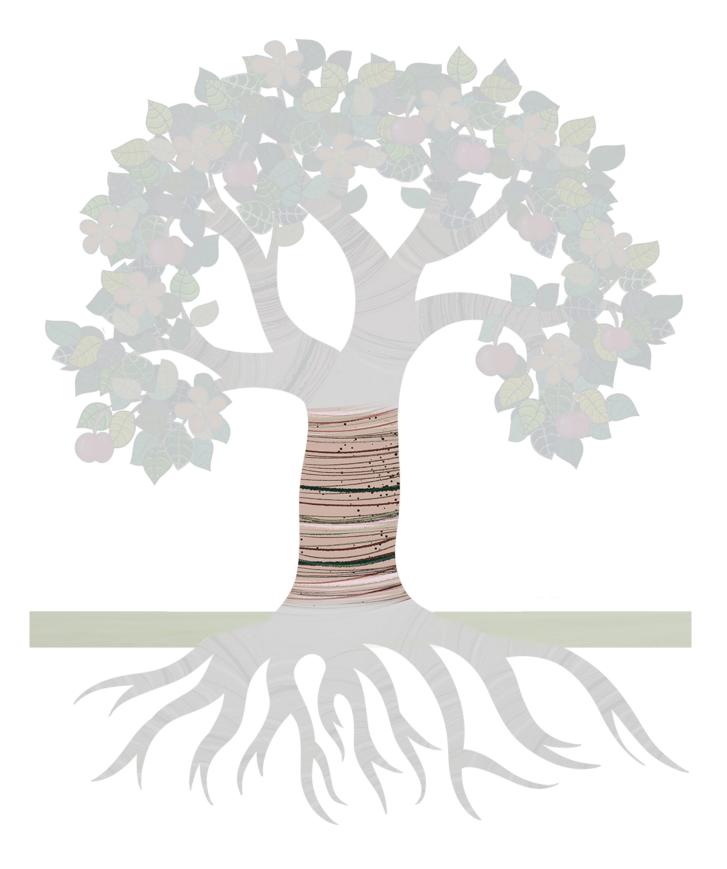
Roots made me who I am today.

• Who were the important people in my life?

• What were the important things that happened?

• What is important to me now?

Trunk



The trunk is my strengths and skills.

• What am I good at?

• When have I used this in the past?

• Where did I get these strengths and skills?

Branches



Branches are my dreams, goals and decisions.

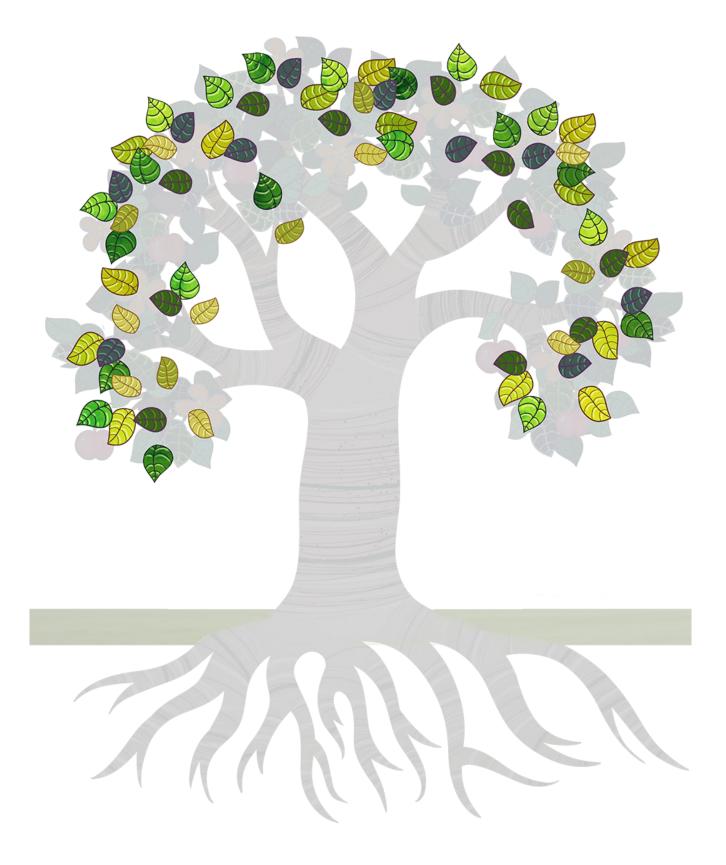
• What have I tried in the past?

• What happened?

• Who else was involved?

• What can I do differently next time?

Leaves



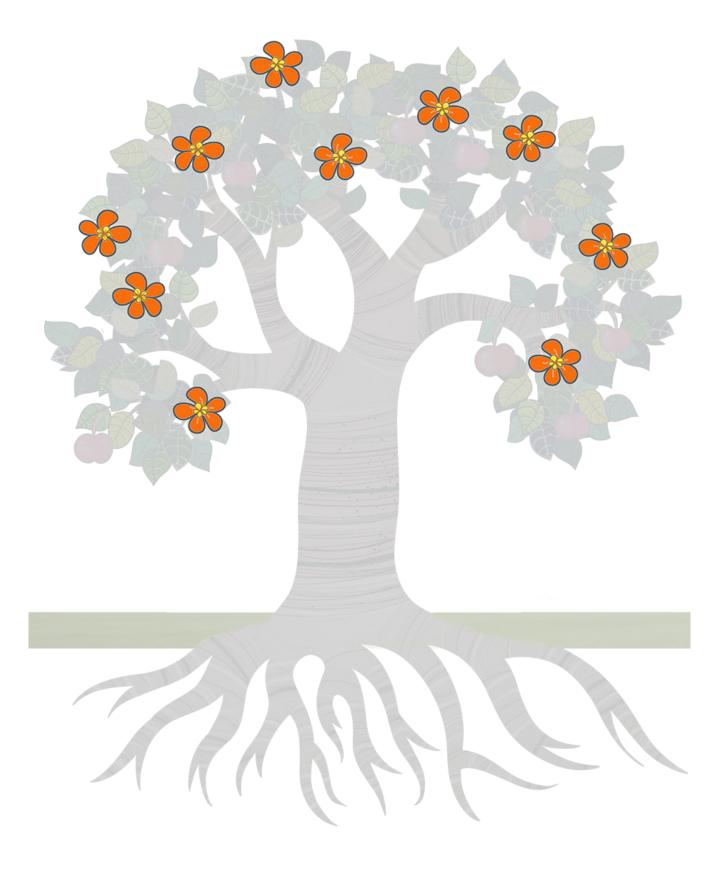
Leaves are people and places I turn to.

• Who are my people or places?

• What kind of support are they good at?

• How do I like to be supported?

Flowers



Flowers are my successes.

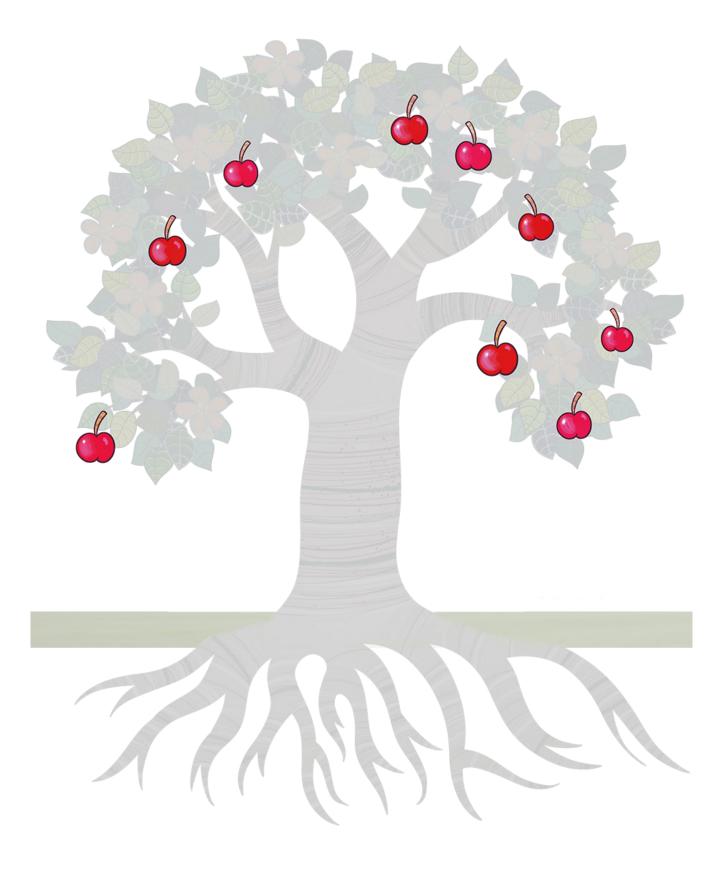
• What did I do that turned out well?

• How did I feel at the start?

• How did I feel at the finish?

• What did I learn from having a go?

Fruit



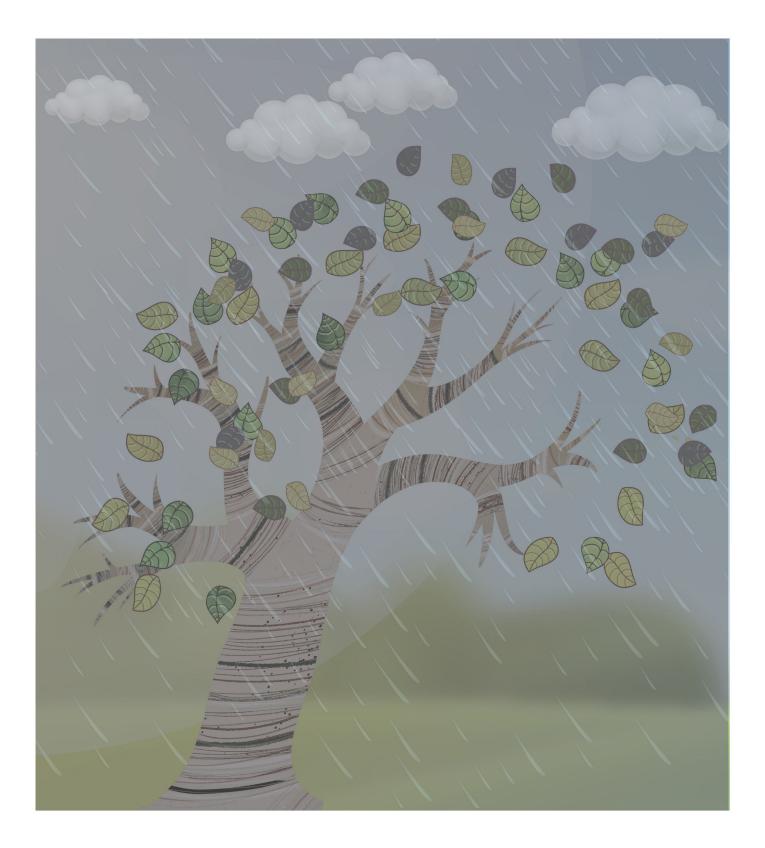
Fruits are my special gifts or talents.

• What are my special gifts or talents?

• What useful things do I know?

• How can I help other people?

Storm



A storm is a hard time in my life.

• What was my stormy time?

• What helped me get through it?

• What did I learn from it?

Forest



My forest. Staying strong and safe together.

• Who are the people and places I belong with?

• What do I like to get from my forest?

• What can I share with my forest?

• How can I make my forest bigger, stronger and safer?

This book is part of the Skilled to Thrive group of resources using the Tree of Life. It is recommended for use in learning groups.

Other resources are:

- Standing strong in Stormy Weather-supporting decision making and problem solving using the Tree of Life (Practice Guide)
- Tree of Life pictures









