

My Tree of Life

A way to reflect on the people, experiences and values that support and shape who I am.

Leaves

The people in my life who support me, encourage me and care about me.

Branches

My hopes, dreams and goals for the future.

Trunk

My values, skills and qualities that make me who I am.

Fruit

The positive things I have achieved or experienced.

Roots

My background, family, culture and past experiences that have helped shape who I am.

