

Life Tree Exercise

The Life Tree Exercise is a visual metaphor where the tree represents your life. By labelling different parts of the tree you may discover or rediscover aspects of yourself. You can also begin actively cultivating your tree to reflect the kind of person you want to be moving forward.

The Roots

Write down where you come from on the roots – this can include places you come from, the people, ideas, traditions etc. It can also include books, religion, language, ancestry and social movements you identify with. You can also include key people who have shaped your life and are important to you.

The Ground

Write down the things you choose to do on a weekly basis on the ground. These should not be things you are forced to do, but rather things you have chosen to do for yourself.

The Trunk

Write your skills and values on the trunk, these could include: imagination, creativity, community spirit etc.

The Branches

Write down your hopes, dreams, and wishes on the branches. These can be personal, communal, or general to all of mankind. Think both long and short term. Spread them around the various branches.

The Leaves

Draw leaves on the Branches and write down the names of those who are significant to you in a positive way. Your friends, family, pets, heroes, etc.

