

# The Tree of Life



**My Story**

# Solid ground

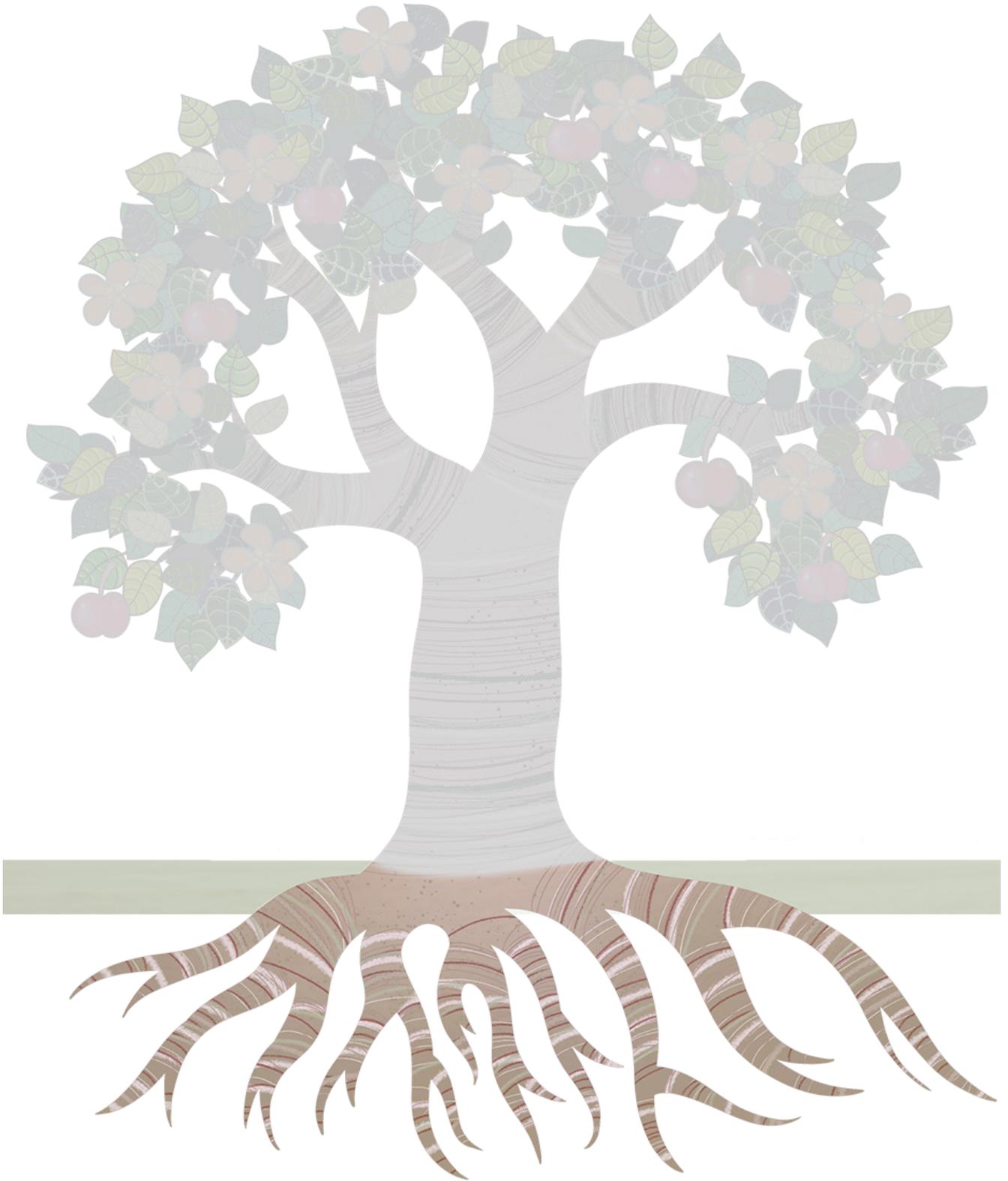


# **Solid ground means I feel safe.**

What makes me feel

- calm?
- happy?
- safe?

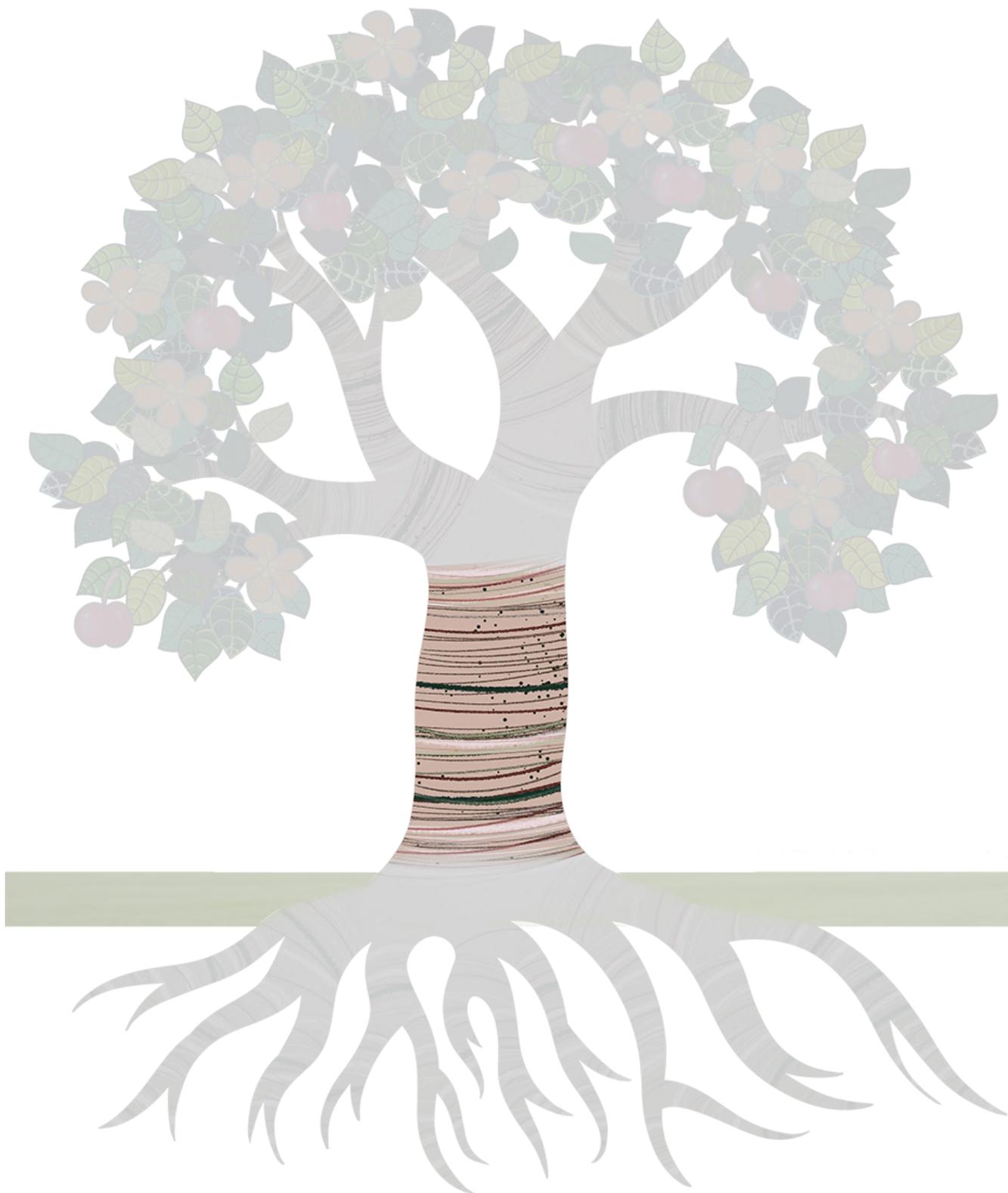
# Roots



# **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





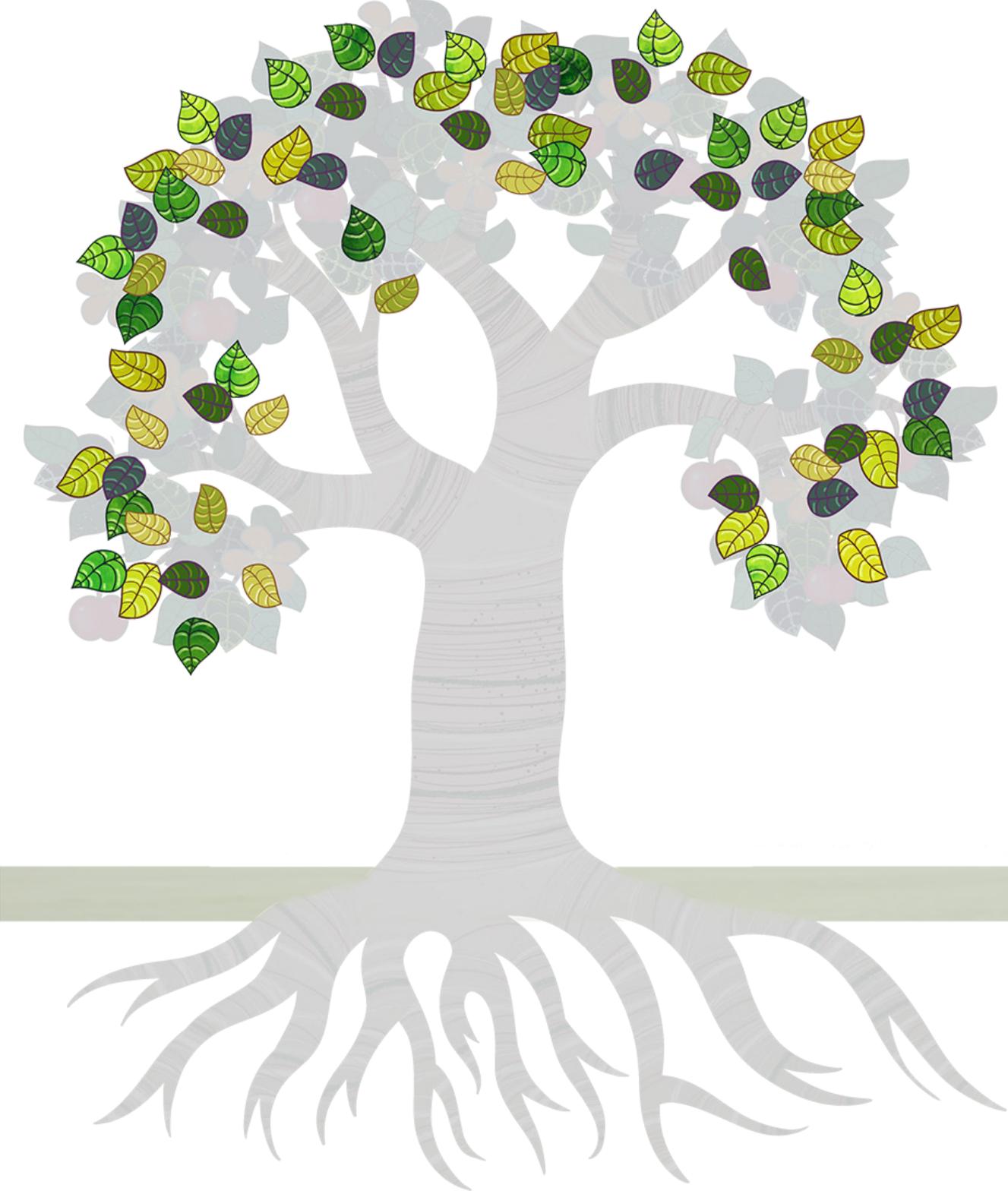
# Branches



# **Branches are my dreams, goals and decisions.**

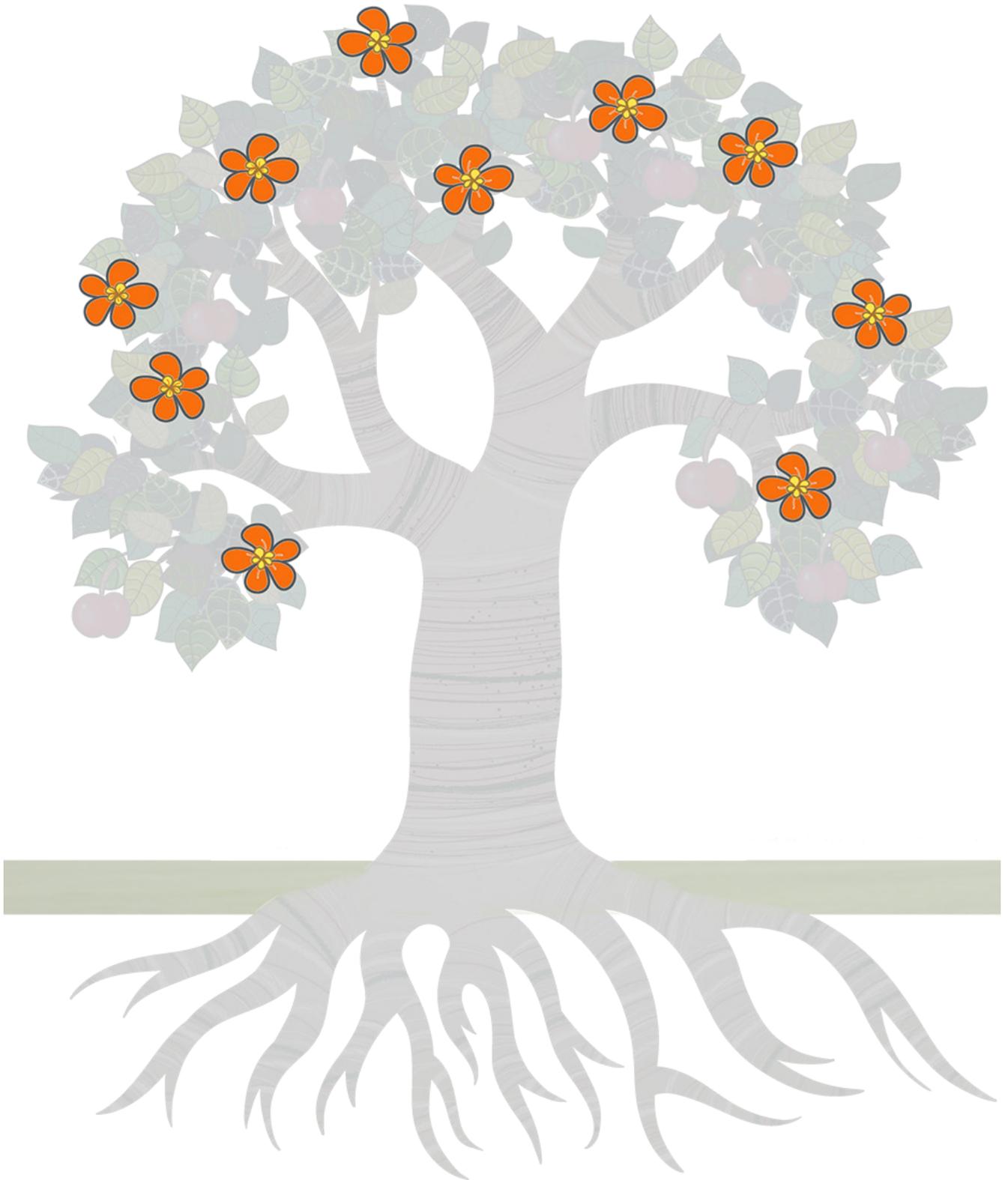
- What have I tried in the past?
- What happened?
- Who else was involved?
- What can I do differently next time?

# Leaves





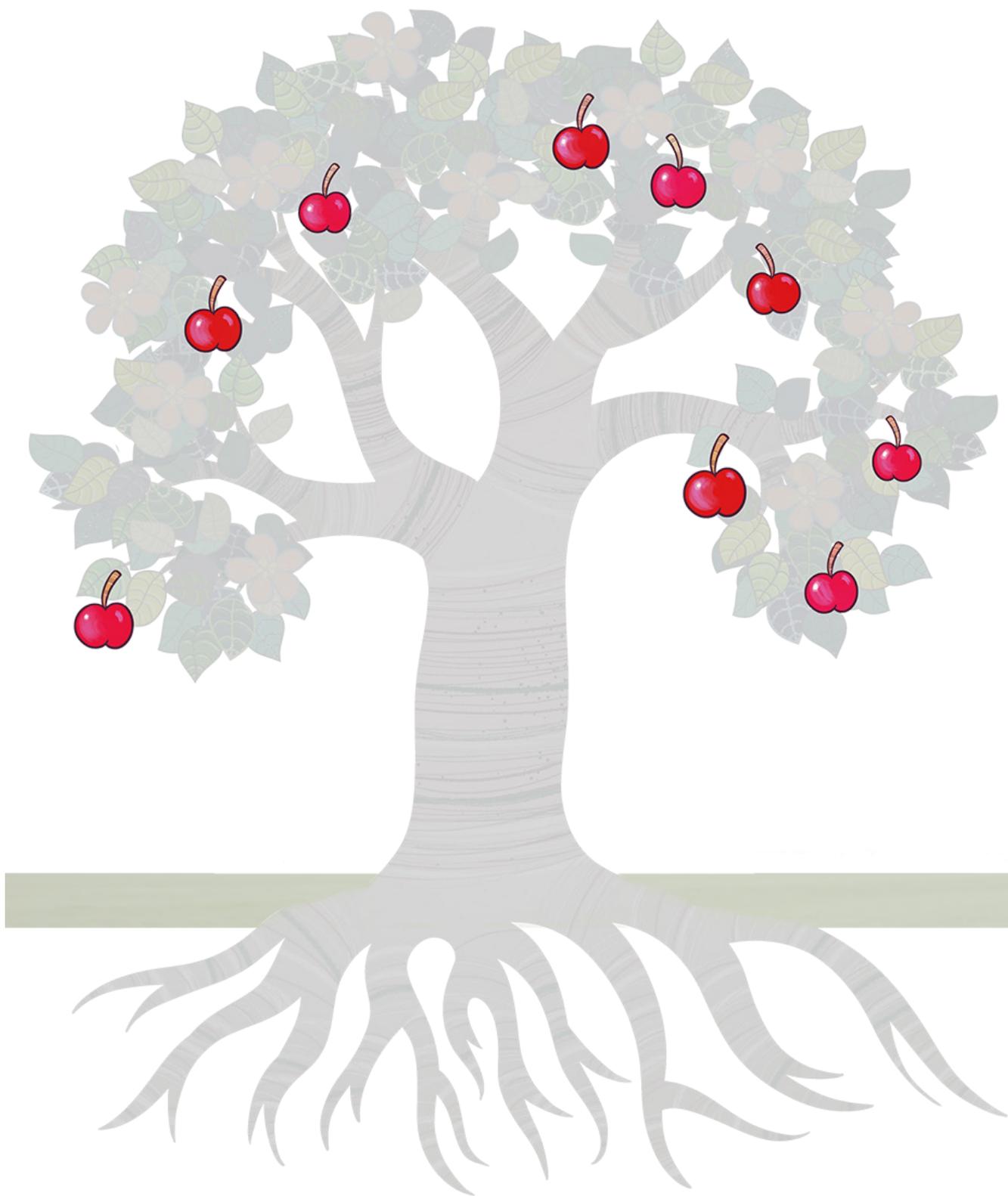
# Flowers



# **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





# 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

