

The Tree of Life: Your Identity and Direction in Life Through Art

The Roots

Write down **where you come from** on the roots. This can be your home town, state, country, etc. You could also write down the culture you grew up in, a club or organization that shaped your youth, or a parent/guardian.

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. You can choose to write your values starting at the base of the trunk going up. Then transitioned into listing your skills. This creates a natural progression from roots to values to skills.

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

Write down the **names of those who are significant to you in a positive way**. Your friends, family, pets, heroes, etc.

Extra:

The Fruits

Write down the **legacies that have been passed on to you**. You can begin by looking at the names you just wrote on leaves and thinking about the impact they've had on you and what they've given to you over the years. This can be material, such as an inheritance, but most often this will be attributes such as courage, generosity, kindness, etc.

(Tip: if your tree is pretty crowded by this point, perhaps try drawing some baskets of fruit at the base of your tree and label them accordingly there.)

The Flowers & Seeds

Write down **the legacies you wish to leave to others on the flowers and seeds**.

(Tip: again, you may wish to de-clutter your drawing by visualizing saplings, baskets of flowers, etc. on which to write these items down.)