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NARRATIVE THERAPY

TREE OF LIFE - WORKSHEETS

MY TREE OF LIFE

The tree of life symbolizes your life and elements from your past, present and future. Use this worksheets to understand a lot more about yourself and who you want to be in the future.

Leaves: significant people
Those who are special and important to you.

Fruits and flowers: life's gifts, gifts you've received. Legumes you want to leave with others or left to you.

Branches: hopes and dreams. What direction do you hope your life will take? What kind of person do you want to be?

Stops: life's challenges. What problems are you facing?

Ground: the present. Where are you now? How do you spend most of your days?

Trunk: skills and strengths. What are you good at? What are your values?

Roots: where you come from. Your origin, culture, religion, city, country.



MY TREE OF LIFE STORY



MY TREE OF LIFE STORY



LEAVES: SIGNIFICANT PEOPLE
Who are the most important people in your life? Write their names in the leaves of the tree.

FRUITS AND FLOWERS: LIFE'S GIFTS
What are the things you have received from others? Write them in the fruits and flowers of the tree.

BRANCHES: HOPES AND DREAMS
What do you hope for in the future? Write your hopes and dreams in the branches of the tree.

STOPS: LIFE'S CHALLENGES
What are the biggest challenges you are facing? Write them in the stops of the tree.

GROUND: THE PRESENT
Where are you now? Write about your current situation in the ground of the tree.

TRUNK: SKILLS AND STRENGTHS
What are your strengths and skills? Write them in the trunk of the tree.

ROOTS: WHERE YOU COME FROM
Where do you come from? Write about your origin in the roots of the tree.

LEAVES: SIGNIFICANT PEOPLE

FRUITS AND FLOWERS: LIFE'S GIFTS

BRANCHES: HOPES AND DREAMS

STOPS: LIFE'S CHALLENGES

GROUND: THE PRESENT

TRUNK: SKILLS AND STRENGTHS

ROOTS: WHERE YOU COME FROM

A Narrative Of Life

David Baud



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