

## Your Tree of Life

Take a few deep breaths, and read through the following questions:



What is it you reach for in life?

Think about what motivated your decisions in life so far. What is your “why”?

For example the tree’s “why” is to give shade, enhance beauty, or enrich the land it’s on.

*It’s okay if you’re not sure yet.*

How do you reach this “why” or “purpose” in life?

What do you give to the world? What are your various roles? You can think of each aspect of your life like a branch of your tree. What’s on the branches? What is the fruit?

What do you need to stay nurtured?

For example the Tree needs water, nutrients, sunlight. Think of this like the roots of your tree. What are your roots? What keeps you grounded and nourished?

Now close your eyes, feel what comes into your heart. These are deep and powerful questions and we want to listen to the heart, to our soul even. Take some time to feel in before moving onto the next part. If nothing comes just yet that’s okay. Try it again when you feel ready.

### Draw your own tree

What kind of tree is it? Start to draw the main structure of the tree; the trunk, the branches, the roots.

What do the branches represent? Draw and label them based on what you’re giving in the world. A larger / thicker branch could be something you spend more of your time and energy on. A smaller branch may be another part of your life that is still important but maybe is less of a focus or where you put less energy.

Now fill in the roots. Think about it as what you are receiving or taking from the world. What does each one represent? Larger “arterial” roots are the most important ones that feed you. Draw and label them.

What is your tree growing towards? Think of your overall “why” or “purpose” like the sky into which the tree is growing. Write it / draw it there. Or come back to it for later.