

# The Tree of Life

A journey into our strengths

Mindcamp 2019

**1-Draw your own tree** on a big sheet of paper – Draw the 6 parts like the one on the wall

**2-Write some words** on the 6 parts of the drawing :

**The roots** : Write down where you come from on the roots. State, country, town, the culture, a club, an organization that shaped your youth, a parent, a guardian.

**The ground** : Write down the things you need to do on a weekly basis on the ground. Things that you have chose to do for yourself, things that recharge your own battery

**The trunk** : Write your strengths on the trunk, your skills and values, your own qualities and competencies.

**The branches** : Write down your hopes, dreams and wishes on the branches. These can be personal, or professional. Think both long and short term.

**The leaves** : Write down the names of those who are significant to you in a positive way. Important people in your life, friends, family, heroes ...

**The fruits** : Write down the gifts you have received in your life. This can be material or attributes.

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