

# The Tree of Life Activity:

A Guide



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At Positive Acorn, we believe it's important to consider our lives holistically. Just as trees grow within an ecosystem, humans are supported by a strong system of relationships that rely on the interconnection of components to function effectively.

To model this comprehensive relationship, we developed the Tree of Life Model and Activity that demonstrates how our values and strengths influence our life domains and produce various developments based on the available supporting resources.

Check out the descriptions below and then create your own Tree of Life using the guided activity on the following page.



Your **Supporting Resources** are the things that nurture your initial and continued growth and development. Like a tree rooted in fertile soil that nourishes its growth, these resources provide the basic necessities that help you create and sustain a fulfilling life within your own ecosystem.

Your **Values** are the ideas and beliefs that you are grounded in and drive your life's highest priorities. They are the principles you stand for that set you apart from others. Gaining awareness of your values stabilizes you like the roots of a tree making up a support system for growth.

You activate your values through your **Strengths** – the qualities that you are naturally good at and allow you to live authentically. As the trunk of your tree, your strengths provide a solid core of abundant energy and personal mastery when used in the right frequency, proficiency, and regulation.

During each season of your growth, certain **Life Domains** represent the most important areas of your life – your relationships, health, career, spirituality, and other areas of salient identity. Each domain is like a strong bough of your tree supporting the growth of multiple branches that symbolize related areas and goals in each life domain.

Your **Goals** are the outcomes of all the areas on your Tree of Life. They include both the healthy growth (lush, green foliage) as well as the negative results (rotten fruit or dead limbs). These outputs of your energy and effort show what your life is producing in this season.

Like trees, no two people are the same. By creating your Tree of Life, you're able to capture and capitalize on your individuality by identifying your core values and strengths. You're also able to label what life domains are the most salient in this season of your life as well as acknowledge the developments they are currently producing. Unlike other personal assessments, the Tree of Life doesn't employ standardized questions or a numeric rating system to produce results – we rely on your own lived experience, individual qualities, and personal goals to graphically depict your Tree of Life. Using the diagram on the next page, consider the corresponding reflection questions below as you complete each of the sections with your supporting resources, values, strengths, life domains, and developments.

### **Supporting Resources**

Consider what supporting resources exist in your life currently. What provides nourishment and facilitates your growth in this season of life?

*Example: Close family relationships, new opportunities at work, healthy body, etc.*

### **Values**

What values is your life rooted in? Take a moment to think of a personal value for each root of your tree.

*Example: Integrity, Authenticity, Equality, etc.*

### **Strengths**

What natural strengths do you possess that provide energy and a sense of accomplishment in your life?

Consider any specific words or phrases that others often use to describe you that give you insight into your strengths.

*Example: Creativity, Adventure, Organization, etc.*

### **Life Domains**

What areas of your life are the most salient for you now that represent the boughs of your tree? Take a moment to identify subcategories in each life domain that make up the individual branches on each bough.

*Example: Life Domain=Health; Sub2categories=Exercise, Sleep, Diet, etc.*

### **Goals**

Take a look at what you've created. What does your tree look like? Record the outcomes of all of these areas here to show what your life is currently producing.

# TREE of LIFE

(canopy)

(branches)

(trunk)

(roots)

(soil)

Looking at your Tree of Life, you can see how everything is interconnected. Now that you've completed your Tree of Life, it's time to dig deeper and understand where your life is in this current season as well as identify areas for desired future growth. Use the debriefing questions below as a guided personal reflection or with the support of a coach.

## Tree of Life Activity Debriefing Questions

- Look at your tree and the developments it's currently producing. Do these outcomes accurately reflect the life you want to be living now? Describe this in-depth.
- What supporting resources are missing that will help promote more growth?
- Does your "soil" contain any metaphorical pesticides or toxins that are polluting your life?
- What values and strengths are you honoring most in each life domain?
- Do any of your values conflict with each other?
- What specific strengths allow certain values to come to life? Describe this impact.
- Are there strengths that you need to regulate – dial up or dial down – to be more effective?
- Are there social costs to using certain strengths in any of your life domains?
- How will you prioritize what resources you allocate to the various branches in each life domain?
- Are there specific branches that need to be pruned to make room for new growth?
- What life domains are missing from your tree?
- What do you want your tree to look like in the next season of your life? Complete a new activity page or draw what you want your tree to look like in the months ahead.
- Consider what goals need to be set in each life domain to make this vision a reality. Are there short-term tradeoffs you need to make to produce long-term developments?
- Label your tree based on the current season it represents. Be creative! Post your tree somewhere where you'll see it every day as a reminder of your current priorities and desired outcomes.



THANK

YOU