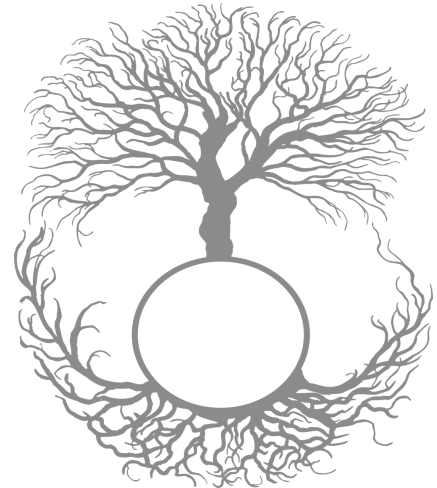


Tree Journal

Imagine your life as a tree, with the past, present, and future all carried within the roots, trunk, leaves, fruits and seeds. As you move through the questions, also think about what would be in your compost, the dropped experiences, standards, and expectations that are no longer needed and no longer define you.



What are your roots? Where do you come from? What environments have shaped you?

What grounds you? How do you nurture your soil and growth?

What values stabilize you? What skills have branched from your roots?

What legacy fruits have been passed to you? What do you want to pass on?

