

Trunk = YOU (the Whole Person)

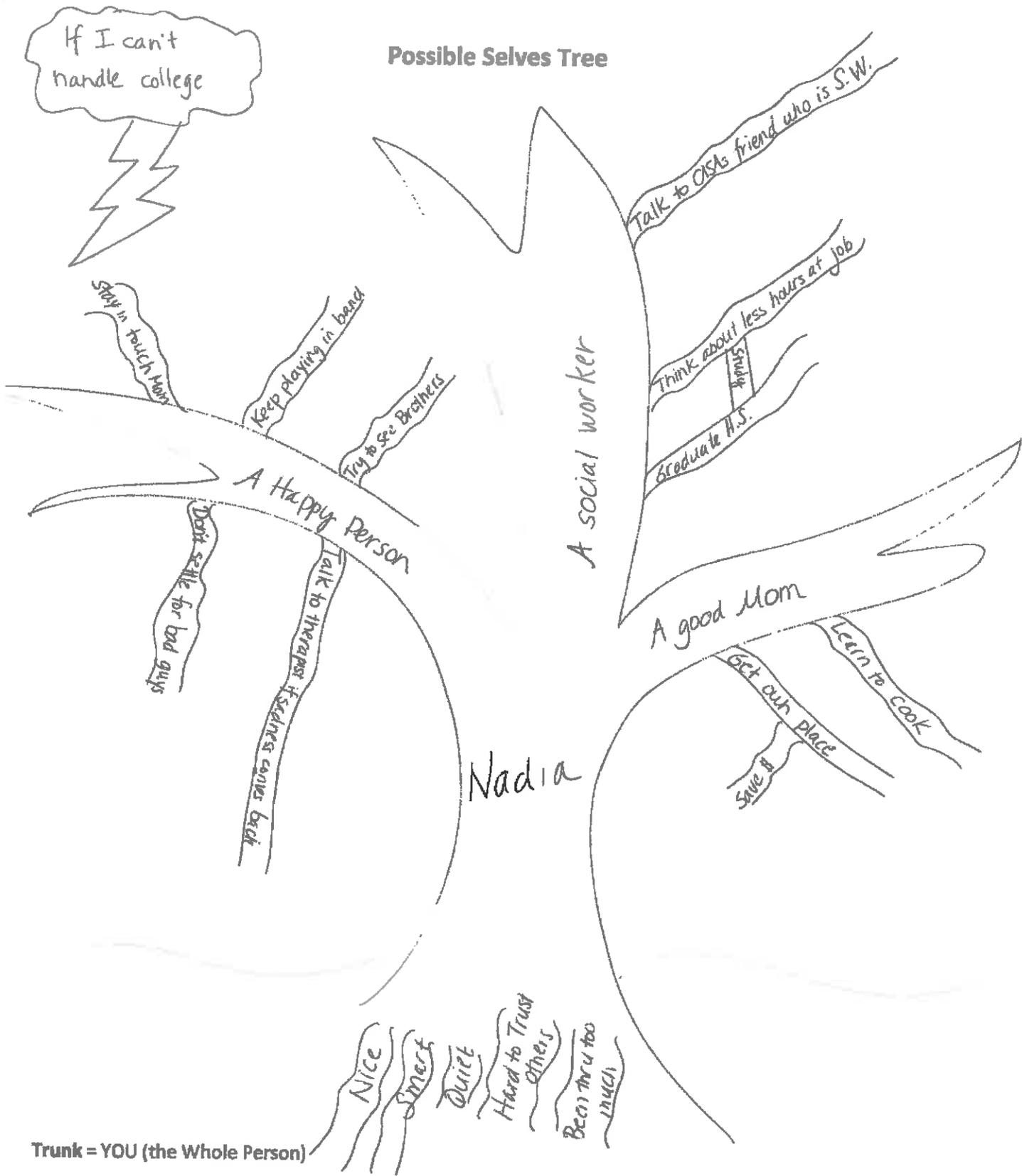
Main Limbs = 3 parts of YOU you hope to be in the future

Smaller Branches = Smaller, shorter term goals to keep main limb growing

Roots = Short phrases describing you now. Positive statements should be long, thick roots. Negative statements should be short, thin roots

Dangers = Wind, Rocks, Clouds, Lightening = Things you fear might disrupt your growth

Possible Selves Tree



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