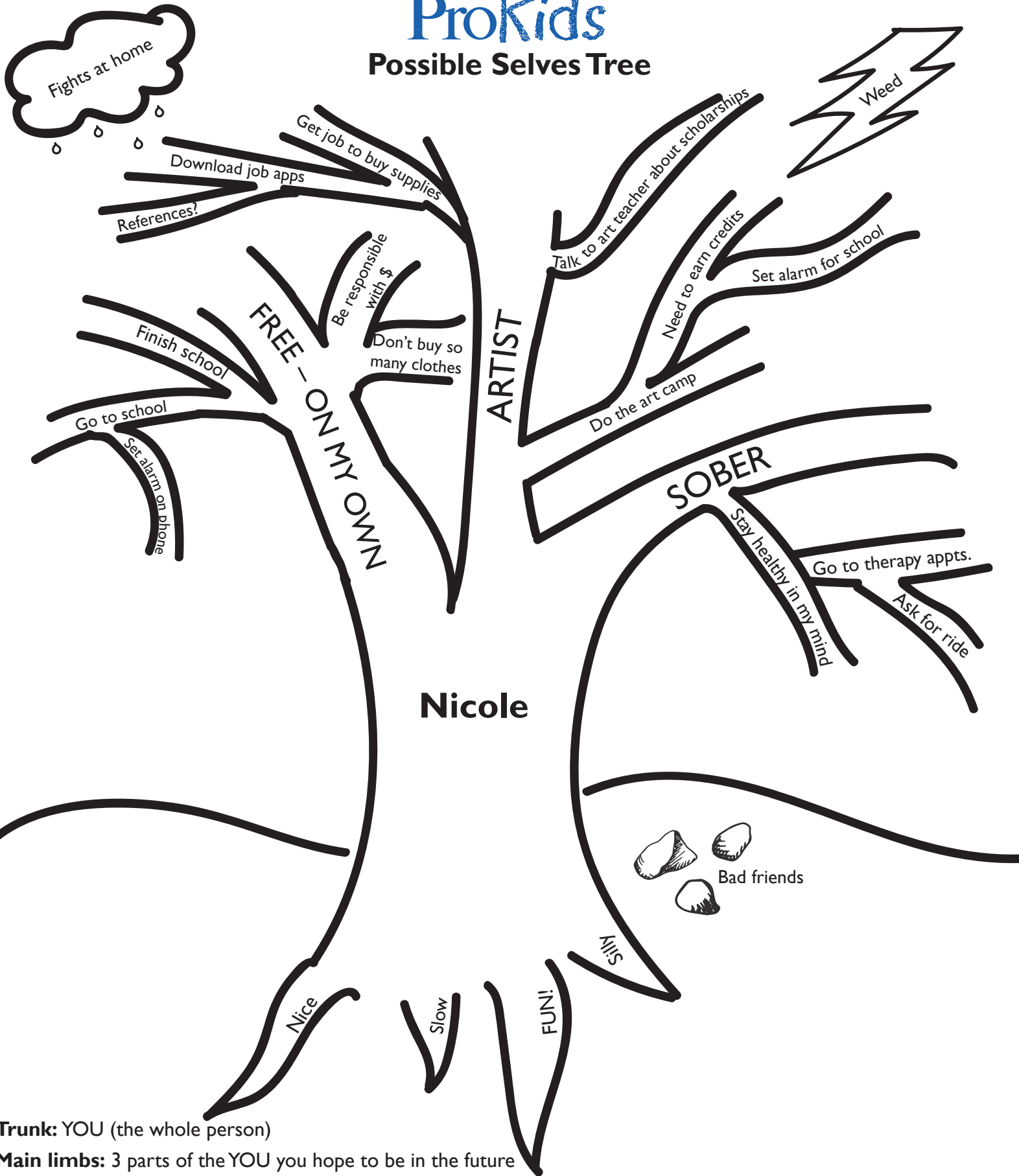


Possible Selves Tree



Trunk: YOU (the whole person)

Main limbs: 3 parts of the YOU you hope to be in the future

Smaller branches: Smaller, shorter-term goals to keep the 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.