

The tree of life

Roots: the past – key people and events

Birds: your supports – the people in your life

Leaves: your longings

Trunk: the present – what keeps you going?

Parasites: your burdens – what do you want to get rid of?

Flowers: your talents

Fruits: your achievements



Body language

	Timid	Assertive	Aggressive
Positions			
Gestures			
Facial expressions			
Voice			



A day in my life

 Morning

Time	Activity	Type (Personal, Home, Work, Community)	Duration





Afternoon

Time	Activity	Type (Personal, Home, Work, Community)	Duration



 Evening

Time	Activity	Type (Personal, Home, Work, Community)	Duration



The wheel of life

