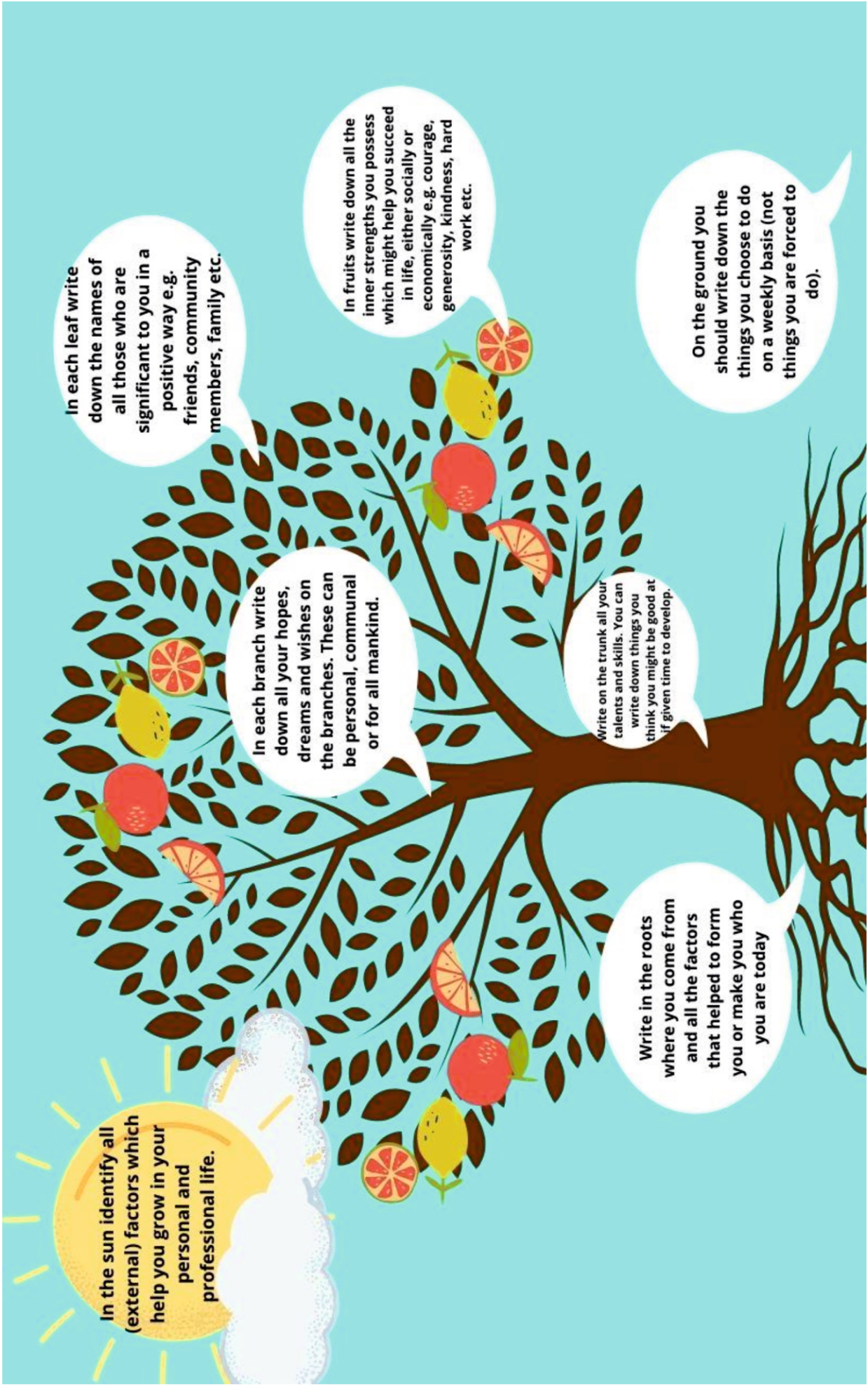




In the sun identify all (external) factors which help you grow in your personal and professional life.

In each leaf write down the names of all those who are significant to you in a positive way e.g. friends, community members, family etc.

In each branch write down all your hopes, dreams and wishes on the branches. These can be personal, communal or for all mankind.

In fruits write down all the inner strengths you possess which might help you succeed in life, either socially or economically e.g. courage, generosity, kindness, hard work etc.

Write on the trunk all your talents and skills. You can write down things you think you might be good at if given time to develop.

Write in the roots where you come from and all the factors that helped to form you or make you who you are today

On the ground you should write down the things you choose to do on a weekly basis (not things you are forced to do).