

'ME' Tree

This is tree representing YOU.

- **The bottom part is ground,** you are rooted in it firmly. Write your values, morals, and principles in that portion.
- **Roots are your foundation.** While growing up what helped you get rooted? It could be your parents, aunt/uncle, friends, school, college, your culture or a role model.
- **The hole represents loss** in your life that has impacted you.
- **The leaves are your strengths,** talents, characteristics that make you 'YOU', which helped you get where you are today and which would help you fulfil your dreams.
- **The fruits are your achievements,** things you are proud of.

Take a moment to think about what you want to write. This should reflect who you are.

