

REFLECTION TREE

In order for us to forge a path toward the future we want, we need to radically accept where we are starting from and sometimes, we need to think about the luggage we are carrying. Letting go is not something we often talk about. That may be because it can be difficult, painful, and scary. We become so used to the ways our lives are that even if something is bothering us, we tend to choose what we know over what we don't. But this mentality can hold us back in life, ultimately impacting our happiness, health, and wellbeing. Letting go is a way we can assert control over our lives through radical acceptance and forgiveness.

SUPPLIES NEEDED:



Journal



Writing Utensil



Reflection Tree Handout

DIRECTIONS:

1

USE REFLECTION TREE

Use the reflective tree worksheet and fill out the various boxes as "leaves" on your tree.

2

REFLECT

After identifying these aspects of your life, use the questions to reflect.

3

LETTING GO

Focus on the old leaves you identified as aspects of your life you want to let go of. Spend some time reflecting on why you want to let it go. Put all your thoughts, emotions, and energies that arise from this aspect of your life and imagine them flowing out of you and into the paper in your hands. Physically let go of the paper by throwing it out. It is no longer yours to carry, walk away and don't look back.

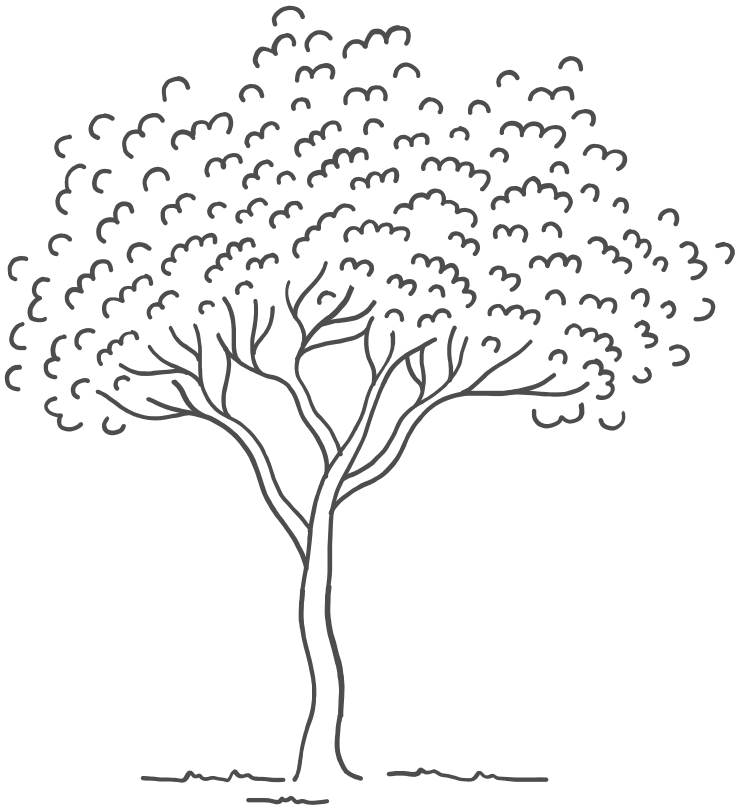


FINDING OUR POWER TOGETHER

Supporting Indigenous youth to thrive

www.findingourpowertogether.com

REFLECTION TREE



ROOTS Aspects of your life that
make you who you are

TRUNK Aspects of your life you
want to keep and that
help you be who you are

NEW LEAVES Things you want to
bring into your life

OLD LEAVES Aspects of your life you
want to let go of



FINDING OUR POWER TOGETHER

Supporting Indigenous youth to
thrive

www.findingourpowertogether.com



REFLECTION TREE



REFLECTION QUESTIONS

What part of your roots are you most proud of?

What do you like about your life as is?

What aspect of your life can you work towards accepting wholeheartedly?

What are you hoping to bring into your life in the future?

What would it look like to “let go: of you leaves?

What steps would you take?

What emotions arise?

What would it mean for you to “let go”? How might you feel?



FINDING OUR POWER TOGETHER

Supporting Indigenous youth to thrive

www.findingourpowertogether.com