

## Leaves

What makes you happy? What do you do to take care of yourself and your emotions?

## Tree of Growth

## Branches

What are you reaching for?  
What are you learning,  
improving or working on?

## Trunk

What helps you feel strong  
and resilient?

## Roots

Who or what keeps you  
grounded? Who are the people  
that support and encourage  
you?

