

## EXERCISE 6: How I want my life tree to look

For each of the tree's 4 parts, write and draw how you want your life tree to look.

Use words, pictures, symbols and colours. If necessary, use a bigger piece of paper.

In which ways does your actual life tree differ from your "dream tree"? Which parts of the tree do you need to work on in order to make it more closely resemble this "dream"?

Show your picture to your partner/friend, and talk about it with him or her.