## The Me Tree

Fill in on the branches the following information:

- 1. Qualities of yourself that are life-giving.
- 2. Qualities of yourself that others admire.
- 3. Emotions you feel and struggle with the most.
- 4. Ways that you are connected to others.

In the trunk, fill in qualities and experiences with othe find life-giving.

Draw leaves and color your tree to celebrate its beaut

