

Name _____

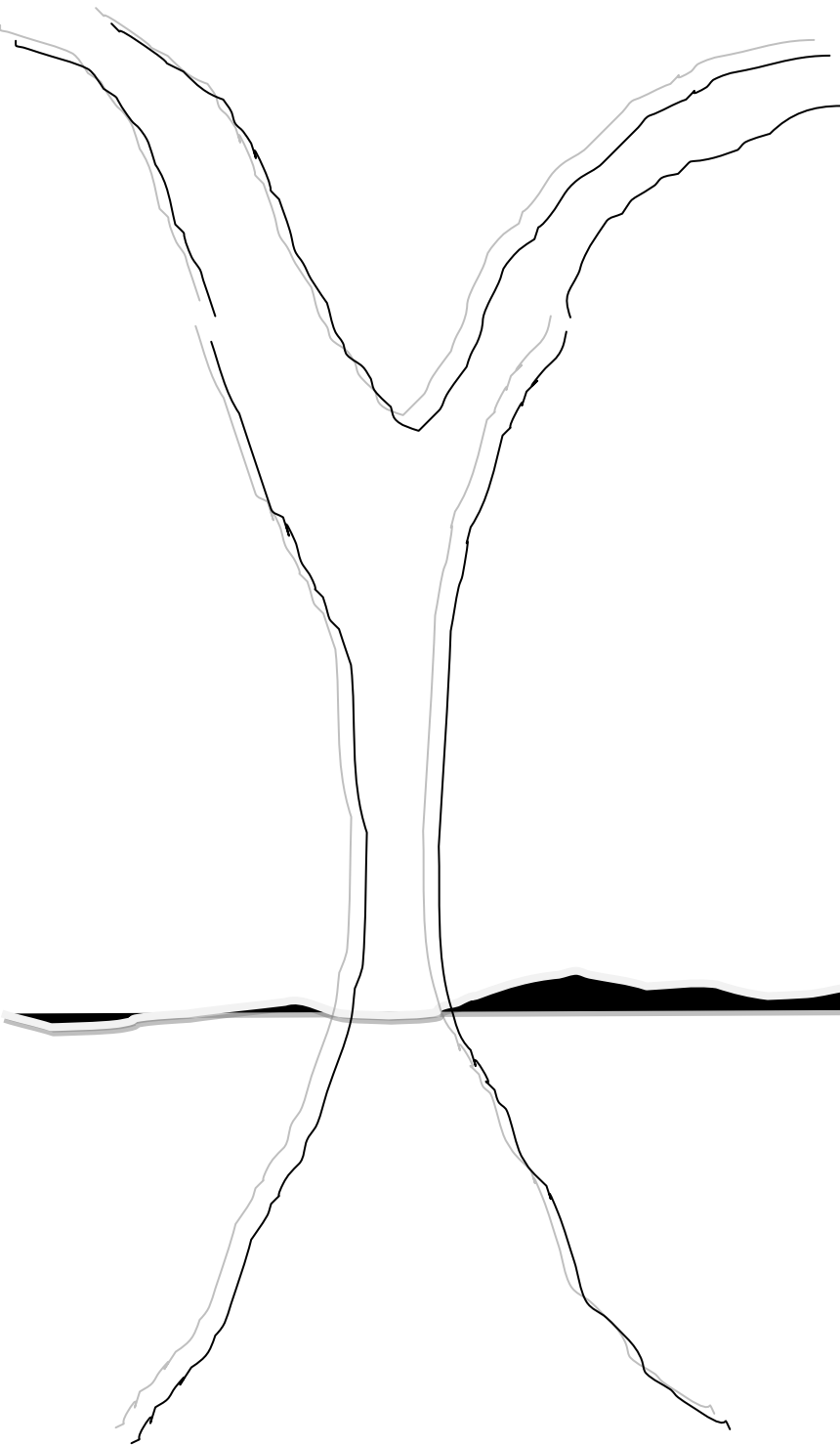
Be a Tree.

A happy person is like a tree, rooted as deeply
in the earth as they are in the sky.

We can learn a lot from trees. Take a few deep breathes. Look closely at a tree. If you can't see one, imagine it. See it going into the sky and then as deeply into the ground. Draw a detailed version of a tree. If you have to, use the tree here to get you started, otherwise, there's a blank version on the next page. Don't forget the roots going into the earth. Draw for 10 minutes, adding as much detail as possible.

Label the upper branches with your hopes, dreams, passions, and desires.

Label the roots with your core values, beliefs, traditions, and identities.



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