



Tree of Life & Garden of the Mind

A reflective journaling and therapy activity

Use this page to explore what shaped you, what sustains you, and what you want to grow.
You do not have to fill in every section at once.

Growth
Healing
Belonging
You

Leaves

Who or what helps you feel supported, safe, and connected?

Branches

What are you reaching toward?
What hopes, dreams, or healing goals matter to you?

Trunk

What values and skills keep you standing?

Examples: courage, honesty, compassion, persistence, humor, boundaries

Flowers & Seeds

What do you want to grow in your life next?

Ground

What nourishes you now?
(self-care, rest, movement, creativity, therapy, routines, spirituality)

Roots

What strengths, cultural influences, mentors, family stories, or proud moments ground you?

Compost Heap

What painful experiences, rejection, trauma, or old messages are ready to be safely contained and transformed?

Garden of the Mind

CULTIVATE A KINDER, BRIGHTER INNER WORLD

Old Weeds

What limiting beliefs show up for you?

Examples: I am not enough • I am unworthy • I am unlovable • I am weak • I am helpless and powerless • I cannot trust myself • I cannot trust anyone • I have to be perfect

Compost

How can these beliefs be held with compassion and transformed?

New Seeds

What new beliefs would you like to plant?

Examples: I am good enough • I am worthy and deserving of love and respect • I am lovable as I am • I am strong • I have choices now • I can learn to trust myself • I can choose who to trust • I am human, I learn from my mistakes

Sunlight & Water

What will help these new beliefs grow?

Examples: awareness • support • boundaries • practice • rest • self-compassion

One small step this week

The seed I want to nurture is:

One action I can take is:

Progress
grows
here