



I like

I enjoy

I like

My dreams

My hopes

My wishes

Whenever I can,
I try to

My favourite
food

Whenever I can,
I try to

It makes
me happy to

My favourite
animal

My
personality is

Important points
in my life

I enjoy

The things
I find important

Family
and friends

I like

My fears

I don't like

Tree of life

Write down your life events and other things that are important to you in your tree of life. You do not have to write on all the branches right away - you can finish it or change it later on. You can write on your tree by yourself or together with your care providers, friends or family members.

Place the tree of life in a place where you can see it in your home. The purpose of the tree is to draw your attention to the things that are important in your life.

Your tree of life will be photographed and added to your health record.