

Place your name on the tree trunk.

In each branch, write how you identify in that category (i.e. where it says "religion/spirituality" write "Christian" or "Atheist").

Place the appropriate number of leaves that reflects how often you think about this aspect of who you are (see leaf key).

Feel free to write in the roots some people, places, events, or experiences that have influenced the presence of those leaves on your branches of identity.

The top branch is for any other aspect of your identity you would like to share, name, or express.

- 🍃🍃🍃🍃🍃 = Daily
- 🍃🍃🍃🍃 = Frequently
- 🍃🍃🍃 = Often
- 🍃🍃 = Occasionally
- 🍃 = Rarely
- 0 = Never

