**My Storms**

*FRUIT ( GIFTS)*

*My strengths, kindness, love and giving.*

MY LIFE STORY

Authored by : Your Name Date

*STORMS (CHALLENGES)*

*Stressful events, losses and lack of resources.*

*LEAVES (SIGNIFICANT PEOPLE)*

*Who are the people that I trust and I can turn to for support?*

*Branches (FUTURE LIFE)*

*What do I want my future to look like?*

*TRUNK (SKILLS)*

*What am I good at? Skills I have acquired.*

*GROUND (PRESENT LIFE)*

*Where I live and how I spend my days.*

*ROOTS (PAST LIFE)*

*Family and upbringing.*

What obstacles do I need to overcome? What storms have I experienced in the past? What storms might I experience in the future?

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**Leaves**

Who are the significant people in my life? Who do I trust and turn to for support? What makes me trust them? How have they influenced me, and do they know how important they are to me?

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**Fruit**

What are my strengths? How have the leaves helped me shape my strengths? What gifts have I received that has helped? What compliments have I received? What strengths am I working on right now?

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**Trunk**

What are my top 3 skills? How did I develop these skills and coping abilities? Do I focus more on my faults or my skills? How do I cope?

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**Roots**

Past and where I came from. What was my upbringing like? What are my favourite memories? Who shaped my life? And how has my past influenced my present life?

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**Ground**

Present life. What is the best thing about my current life? How do I spend my spare time? What do I wish I had more time for? What do I value most?

Click or tap here to enter text.

**Branches**

Dreams. If I had three wishes, what would they be? Would I give wishes to other people? Or if I woke up in a magic land where anything can happen and everything was perfect, what would I be doing?

Click or tap here to enter text.