

## PERSONALITY TREE ASSIGNMENT

This exercise is designed to help you learn more about your personality. It will help you in answering questions about yourself.

If your personality were to be represented by a tree, which aspect of your personality would the various parts of the tree represent?

On a large piece of paper, draw a tree to represent each of the following:

- roots = your life influences and beliefs
- trunk = life structure and particularly aspects that are quite firm and fixed (e.g. working honestly, never cheating, abstaining from unethical practices, etc.)
- branches = your interests, how you spend time, hobbies, extra-curricular activities, etc.
- leaves = your sources of energy (e.g. what motivates you)
- buds = your ideas and hopes for the future (e.g. your desires that are not yet fulfilled)
- fruit or flowers = what makes you special—your strengths, your achievements
- thorns = challenges, threats and difficulties



### Evaluation

	roots = your life influences and beliefs
	trunk = life structure and particularly aspects that are quite firm and fixed (e.g. working honestly, never cheating, abstaining from unethical practices, etc.)
	branches = your interests, how you spend time, hobbies, extra-curricular activities, etc.
	leaves = your sources of energy (e.g. what motivates you)
	fruit or flowers = what makes you special—your strengths, your achievements
	thorns = challenges, threats and difficulties
24	Total
	Percent