

# Future Narrative and Positive Emotion Worksheet

This process is a reflection activity that enables the exploration of identity that relates to motivation. It includes past experience, future goals, strengths and support systems along with peak performance emotions. The image we are using for this activity is a tree in its environment and each aspect of the tree is a metaphor for a different part of our life.

**Sunshine :** Peak Emotions?

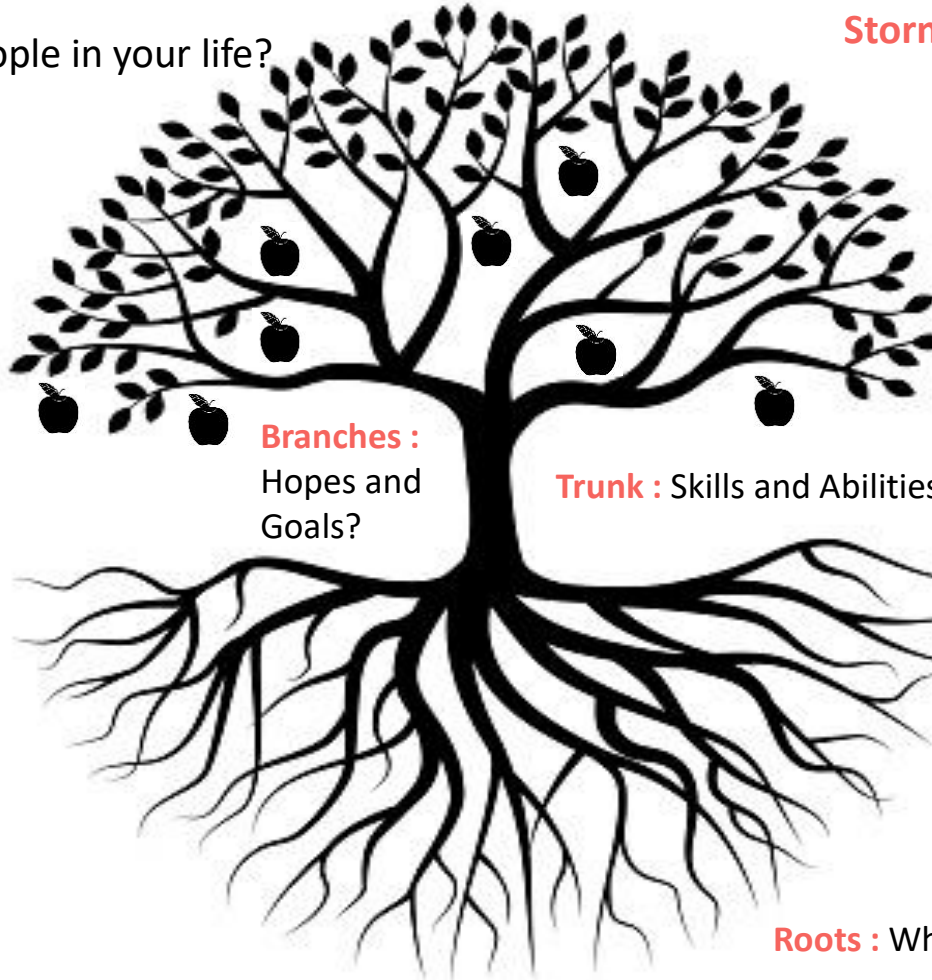


**Leaves:** Important people in your life?

**Storms :** Challenges?



**Fruit :**  
Gifts from others?



**Branches :**  
Hopes and  
Goals?

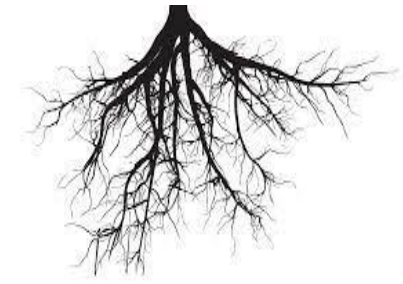
**Trunk :** Skills and Abilities



**Ground :** Present day life activities?

**Roots :** Where do you come from?

# Roots : Where you come from and your Family



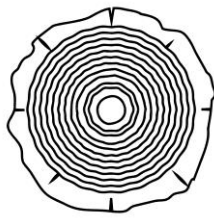
- What roots do you have in your life? How important are they to you?
- How does your past influence who you are today?
- What are your favorite memories?
- Has and how have your perception of your roots changed over time – what created that change?
- How do you describe your heritage and ancestry, what has that taught you?
- Where were you born and where did you do your schooling? How did that influence and impact you?

# Ground : Present Life and Activities



- What is the ground like in your life? Is it stable or frequently changing? (flat or bumpy?)
- What are the biggest influences in your life on a daily basis?
- With whom do you live? How would you describe that experience?
- Where do you work (or study)? How is that for you?
- What are your favorite places to be and/or visit? Why is this?
- What else would you like to have present in your daily life - either more of or something you don't currently have?

# Trunk : Your skills and abilities



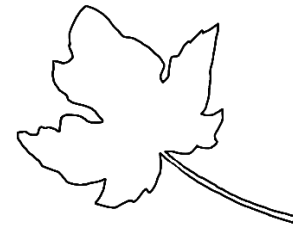
- What talents and coping skills do you have?
- Do you play any instruments/draw/write/create or craft? What about sport? If so, what do you play, write, create, participate in?
- How important are these things to you ? What do you value in others who are in your life?
- Are you helpful, giving, generous or kind? How do you demonstrate that?
- Which is easier to think of – your faults and weaknesses or your skills and abilities? Why is that?
- What skills and abilities would others see in you?

# Branches : Hopes and Goals



- If you could have three wishes what would they be?
- What are your hopes regarding health, happiness, success, wealth, family, friends, etc. ?
- What did you aspire to be as a child ? What are you now, how does that relate or not?
- What happened? Is that aspiration still alive or expressed – how?
- What aspirations for your life do you still hold? How achievable are these?
- What would need to happen for you to achieve these?
- What hopes and wishes do you have for others in your life?

# Leaves : Important People in your Life



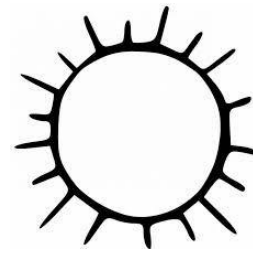
- Who plays an important role in your life?
- What type of influence do they have, If they have assisted you - how?
- What role have you played in their lives?
- How might this relationship change or shift in the future?
- Are there any who have passed away and now leaves in the wind?
- What was their impact and what did you value about them?
- What role do you play as an important person in your own life?

# Fruit : Gifts you have Received from Others



- Who has been a shoulder to cry on, confide in, and a support with complements and help?
- What did you learn from those who raised you? What did they teach you?
- Have you ever been given a material gift or gifts that meant a lot to you? What was it, and why was it valuable to you?
- What intangible gifts have you received from others – even those that you didn't consider as gifts at the time?
- How have these gifts helped you and made you into who you are today?
- What gifts have you given to others? Tangible and intangible

# Sunshine : Peak Emotions



- When you are the best version of yourself – what emotions do you experience?
- What situations bring out the best version of yourself?
- What activates or practices enable you to get into a state of flow?
- What % of your day do you experience yourself at peak? What % would you like it to be?
- How do others impact your ability to be the best version or yourself ? How do they contribute, how do they block?
- What actions can you take to be in flow and the best version of yourself more often?



# Storms : Challenges

Thinking about your life in total, reflect upon the challenges you face or have faced. Everything from family conflict, to health problems – including mental, lack of resources, loss of important people etc. List these



- What storms have you weathered in the past that you got through and came out the stronger for?
- How did you manage your way through these times?
- What Future storms do you envisage you will need to be ready for? How will you do that?

