The best way to figure out what you want is by exploring who you are. Check out this activity for some self-exploration in your mentoring relationship.

**Create a tree of life**

The tree of life concept is pretty simple and straightforward. It is a visual metaphor in which a tree represents your life and the various elements that make it up—past, present, and future.

By labeling these parts, you not only begin to discover (or perhaps rediscover) aspects of yourself shaped by the past, but you can then begin to actively cultivate your tree to reflect the kind of person you want to be moving forward.

Draw a tree with the following parts:

The Roots

Write down where you come from on the roots. This can be your home town, state, country, etc. You could also write down the culture you grew up in, a club or organization that shaped your youth, or a parent/guardian.

The Ground

Write down the things you choose to do on a weekly basis on the ground. These should not be things you are forced to do, but rather things you have chosen to do for yourself.

The Trunk

Write your skills and values on the trunk. I chose to write my values starting at the base of the trunk going up. I then transitioned into listing my skills. For me this felt like a natural progression from roots to values to skills.

The Branches

Write down your hopes, dreams, and wishes on the branches. These can be personal, communal, or general to all of mankind. Think both long and short term. Spread them around the various branches.

The Leaves

Write down the names of those who are significant to you in a positive way. Your friends, family, pets, heroes, etc.

The Flowers & Seeds

Write down the legacies you wish to leave to others on the flowers and seeds.