

Tree of Strengths



The tree of strengths gives you a great overview of your personal achievements and resources. These include personal strengths, skills, experience, networks and financial resources—to name just a few.

It is an ideal tool for reflection and decision-making or to assess how you can best use these resources and strengths. You can use it on your own or when working with your mentor.

How it works

- Draw a tree or use the template (see below).
- Write your resources in the roots: What gives you strength and energy? For example: people, activities, thoughts or environments.
- In the trunk, write your strengths and abilities.
- In the top of the tree, write your successes: What have you already achieved?
- Optional: Draw a sun. The sun represents your visions and goals.
- Now look at the overall picture. How do you feel? Is your tree already complete? Do you feel stronger?
- Think about how your resources, strengths and abilities interact with and support each other. You can also visualize these connections in the form of lines or connecting points.
- Identify possible bottlenecks: Pay attention to areas where your resources may not be sufficient and develop strategies to strengthen them.
- Find und entwickle Strategien, um diese zu stärken.



Tips

- Focus on what is there, not on what you think is lacking.
- Identify your strengths with your mentor.
- You can repeat this exercise after a some time and compare your results.

Tree of Strenghts

My successes

My strenghts and skillset

My energy resources