

Tree Dynamic



Self-Awareness Technique

Activity Focus and Goals:

- Recognizing the positive aspects in oneself.
- Integration of identity.
- Debunking imposter syndrome
- Strategy to balance self-esteem.
- Healthy self-concept, self-affirmation and empowerment.

Materials Needed:

- Explanatory template for the exercise.
- A sheet of paper and colored markers.
- A quiet and comfortable place to connect with ourselves.
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Learning Objectives:

- Make internal resources visible
- Emotional self-regulation.
- Identifying strengths
- Self-compassion and self-esteem.
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Each student is given a sheet of paper and colored markers. They are asked to draw a tree with its roots, trunk, branches, leaves, and fruit. Then, they should write the following (at least 5 notes for each part):

- Roots: Positive qualities
- Trunk/Branches: Positive actions (everyday actions)
- Fruit: Successes or achievements (recent)

They are given all the time they need, it's a creative space. When we work in groups, once everyone has finished, we share our work and create a shared tree on the board. It's important to emphasize that the shared tree is a positive group creation, **30 minutes max.**

When it comes to self-learning, we must review all those qualities, actions, and achievements to write them down in a separate list, which we will read regularly to remind ourselves who we are, and we can add any that we have forgotten or that may arise in the future.

(Self) assessment:

- *Do I recognize myself in all my abilities and achievements?*
- *Can I use these skills or competencies to continue achieving goals?*
- *What skills or abilities am I lacking or would help me achieve my current goals?*

Resources and useful materials:

Instrumental music plays in the background, and the participants are asked to find a quiet place where they can be alone

Notes, comments, recommendations for users (trainers/ learners):

It is a living document; it can change or grow over time. It should be present in the mind of the person who creates it so as not to forget who we are and what we are capable of.