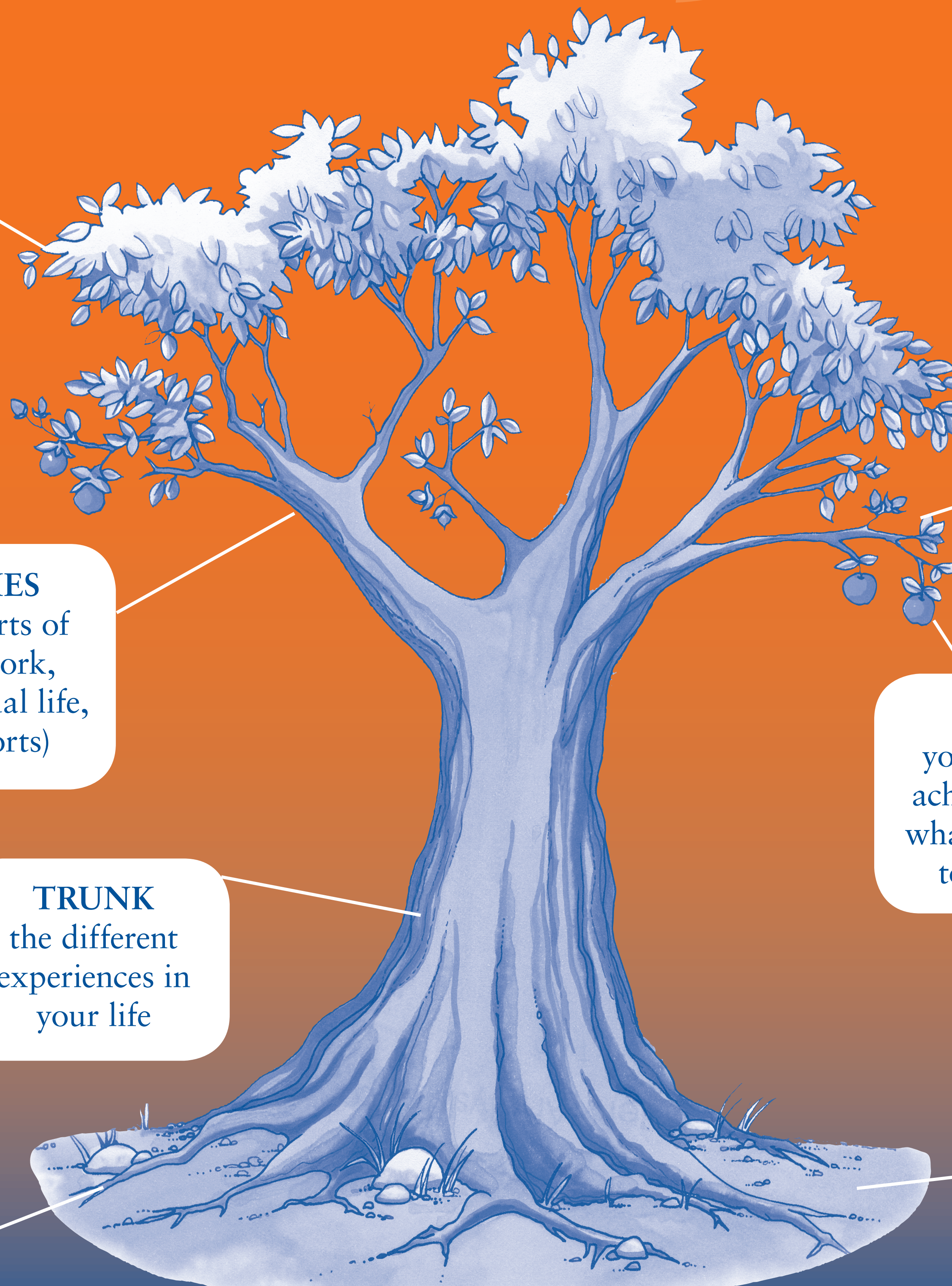


The Thogomelo Project

The Tree of Life

Different parts of the tree can be used to show different parts of our lives.



LEAVES
your strengths,
skills, gifts and
talents

BUDS
your dreams
and wishes

BRANCHES
the other parts of
your life (work,
school, spiritual life,
church, sports)

FRUIT
your results,
achievements,
what you hope
to achieve

TRUNK
the different
experiences in
your life

ROOTS
your family, friends,
own personal
history, ancestors
and family line

SOIL
your country,
culture and
environment

**Thogomelo Psychosocial Support Skills Development Programme for Community Caregivers.
Strengthening South Africa's capacity to care for its community caregivers and protect vulnerable children.**

