

The Possible Selves Tree



Source: Hock, M., Schumaker, J. & Deshler, D. *Possible Selves*. (2003) Lawrence, KS: Edge Enterprises, Inc.

Instructions: Sketch out this diagram for your Possible Self.

- Trunk = You (the whole person)
- Main Limbs = The three parts of the you who you hope to be in the future
- Smaller Branches = Individual, smaller, shorter-term goals to keep that main limb growing
- Roots = Descriptions or short phrases describing you now. Draw positive statements as long, thick roots and negative statements as short, thin roots
- Dangers = Things you fear might disrupt your growth. These can be represented by lightening, wind, rocks, clouds, toxins in the soil, etc.