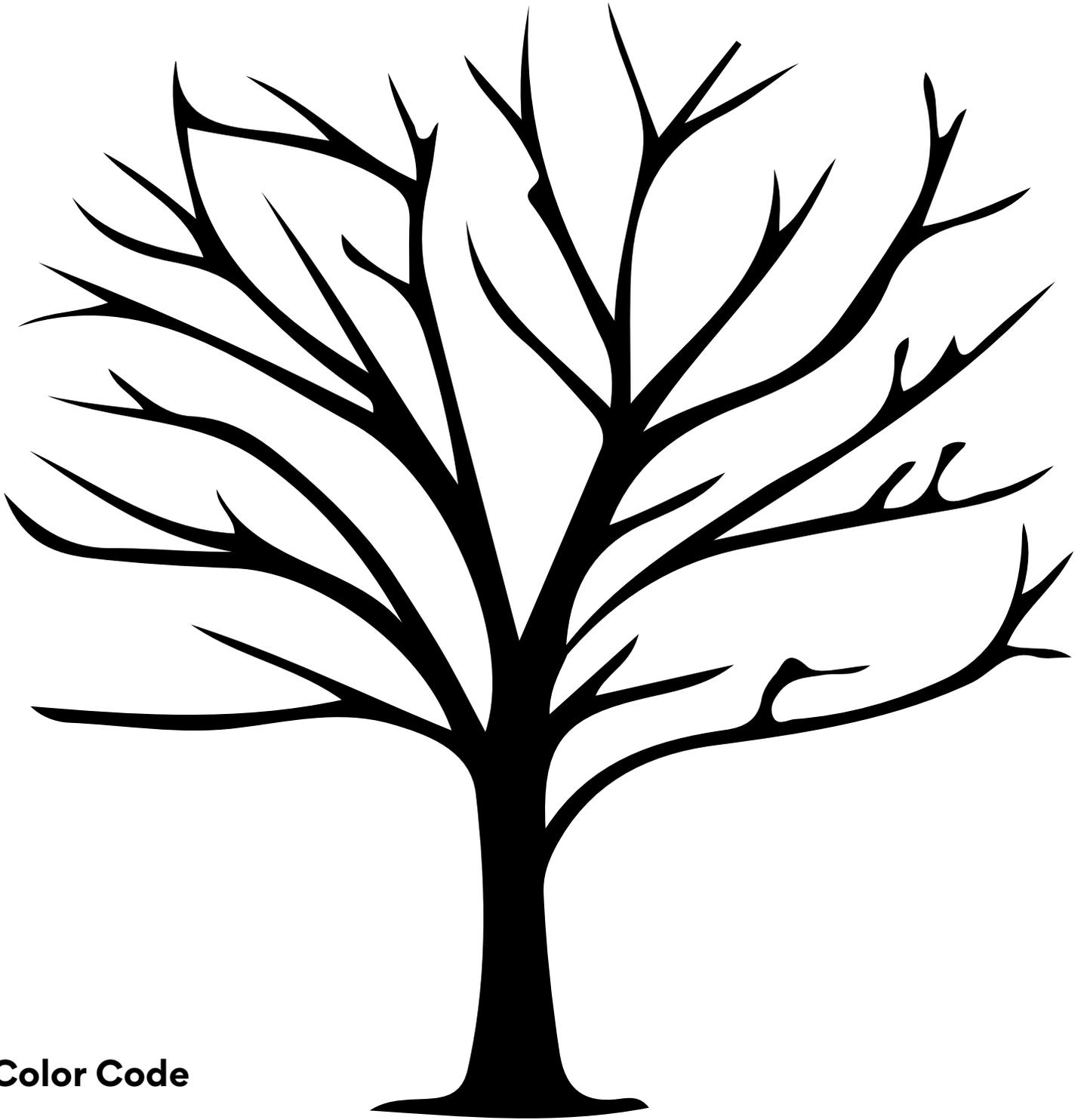


# Future Family Vision Tree

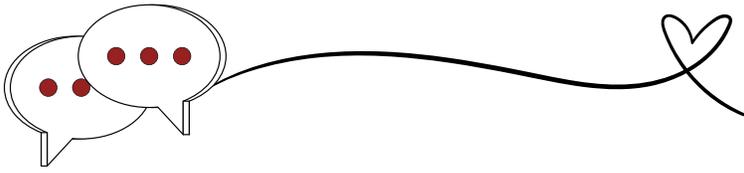


## Color Code

Keep:

Add:

Leave Out:



## Family of Origin Reflection Application: Create a Future Vision Tree

Purpose: To recognize healthy and unhealthy past experiences and traditions in your family and create a vision that breaks negative cycles, and creates hopes and dreams for the future.



Remember: You are **deciding about**, not **sliding** into, your future family!



### KEEP

Choose one color and draw leaves on the branches that identify the traditions, activities, and behaviors you like about your family, and that you want to **KEEP** into your future family.



### ADD

Using a second color, draw leaves on the branches with descriptions of what you would like to **ADD** to your future family's traditions, activities, and behaviors.



### LEAVE OUT

Using a third color, draw leaves on the ground of the traditions, activities, and behaviors you would like to **LEAVE OUT** of your future family.

### Reflect: Examine your tree.

•What is your favorite leaf that you like? Your favorite leaf you want to add? What's the main thing you want to leave out?

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What actions can you take to begin building your Future Family Vision Tree? What help do you need? Who are some possible people to help you?

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