PERSONALITY TREE

This is an exercise to know more about your personality. It will help you in answering questions about yourself.

If your personality were to be represented by a tree, which aspect of your personality would the various parts of the tree represent?

1. **Roots** - your core beliefs and fundamental life influences
   
   (Childhood experiences that had that influenced you the most; your positive and negative beliefs about yourself, such as "Honestly is the best policy", "Live life king size", being spiritual, “it’s the end which matters, not the means” etc.)

2. **Trunk** – your life structure and pattern, especially those things that are relatively firm and which are seen by others in your behaviour
   
   (Working honestly, never copying in exams, abstaining from unethical activities; disciplined lifestyle; secular thinking, attitude towards work, etc.)

3. **Branches** – your interests, inclinations, how you spend time, extra-curricular activities, hobbies etc.
   
   (Reading, socializing, travelling, sports, friendships, solitary activities, etc.)

4. **Leaves** - your sources of energy, sustenance, growth and a sense of well-being-all those things which give you energy to keep moving ahead
   
   (Knowledge, self-awareness, recognition, etc.)

5. **Buds** - your hopes for your future; your desires that are yet to be fulfilled
   
   (Being an entrepreneur, being a social activist, becoming an excellent orator, etc.)

6. **Flowers** - your strengths, what makes you special
   
   (Risk-taking ability, kindness, good communication skills, robust health, etc.)

7. **Fruits** - your results and achievements
   
   (Academic performance, excellence in sports, trophies and medals, also whatever has given you a sense of achievement like helping the poor, teaching poor children etc.)

8. **Thorns** - your weaknesses, challenges and difficulties
   
   (Lack of self-confidence, frail health, poor relationships, etc.)