

The Unifying Model

When personality, motives, emotions and identity all align with our aspirations, our wellbeing flourishes

Our achievements – the fruit

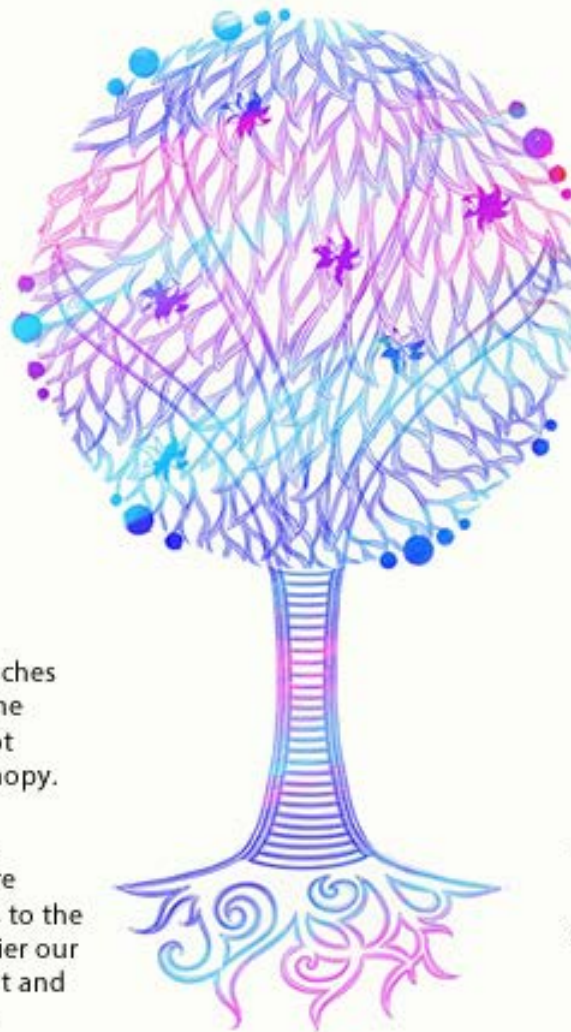
Finally, our aspirations turn into achievements in the same way that the blossom matures into fruit.

Aspirations – the blossom

We liken our aspirations to the blossom on the tree because it's in the blossom that the tree plans for the future. Just as all the elements of the tree work together to produce the blossom, so the elements of selfhood work together to create our aspirations. The tree pours its energy into the blossom. We pour our hopes and dreams into our aspirations.

Our motives – the branches

Our motives are like the branches of the tree, reaching out to the light. They are mainly, but not entirely concealed by the canopy. Our motives too are often concealed. The healthier the branches of the tree, the more shape and substance there is to the canopy. Likewise, the healthier our motives the more transparent and congruent we are able to be.



Our emotions – the leaves

Our emotions are like the leaves of the tree, supported and fed by the branches. The leaves are an ever changing manifestation of the wellbeing of the tree. Our emotions are an ever changing reflection of our inner wellbeing.

Identity – the trunk

Our identity is represented by the trunk of the tree, concealed from view and protected by the bark. Our identity is our inner self, hidden from the world by the person we show to the world. The trunk is the conduit for all the nutrients of the tree and so has to be open to influence from the environment. Likewise, our identity reflects and responds to our life experiences.

Personality - the roots, the canopy

Personality functions in two ways. Our innate personality is like the root system of the tree, foundational and concealed from view. The personality we show to the world is manifest in the main visible elements of a tree, namely the canopy.

To inspire is to partner young people in the discovery of their identities