
THE TREE METHOD™

PERSONAL GROWTH WORKBOOK

From Adversity to Action

Take Responsibility • Endure Everything



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WELCOME

A Note from Tracy

Adversity can shake your confidence, interrupt your plans, and make you question what comes next. But hardship does not have to have the final word. The TREE Method™ offers a grounded way to examine what happened, identify what belongs to you, strengthen your capacity to move forward, and turn reflection into responsible action.

TREE stands for Take Responsibility and Endure Everything. Taking responsibility does not mean accepting blame for everything. Enduring everything does not mean remaining in harmful or unsafe conditions. The method calls you to own your choices, protect your well-being, learn from experience, and remain committed to healthy growth.

Move through these pages honestly and at your own pace. You do not need perfect answers. You need truthful reflection and a willingness to take the next constructive step.

TREE PRINCIPLE

You may not control everything that happened, but you can decide what you will learn, protect, change, and build next.

How to use this workbook

- ☐ Set aside quiet, uninterrupted time.
- ☐ Write honestly; this workbook is for your growth.
- ☐ Pause when emotions become overwhelming.
- ☐ Complete the action plan and revisit it weekly for 30 days.

Educational notice: This workbook supports personal reflection and planning. It is not medical, mental-health, legal, or crisis-care advice. Seek qualified professional support when needed.

START HERE

Your Starting Point

What adversity or transition brought you to this workbook?

What has this experience affected—emotionally, physically, spiritually, relationally, or professionally?

If this workbook helps you move forward, what will be different 30 days from now?

BE HONEST, NOT HARSH

Self-awareness creates a starting point. It is not an invitation to judge or condemn yourself.

PART ONE

Name the Adversity

Before you can respond intentionally, describe the situation without minimizing it or allowing it to define your entire identity. Separate the facts from interpretations, fears, and assumptions.

What I know happened	What I fear or assume

What part of this situation is most difficult to accept?

What strength have you already shown by making it this far?

Adversity is an experience—not an identity

Complete this statement: What happened to me matters, but it does not mean that I am...

PART TWO

Take Responsibility—Without Taking Unfair Blame

Responsibility means identifying the choices, habits, reactions, preparation, boundaries, and next steps that belong to you. Fault asks who caused the problem. Responsibility asks what you can constructively do now.

Mine to own	Not mine to carry
My choices and responses	Another person's choices
My communication and boundaries	Unfair treatment or manipulation
My preparation and follow-through	Circumstances beyond my control
My decision to seek help	The need to fix everyone else

What is genuinely yours to own in this situation?

What blame, guilt, or burden are you carrying that does not belong to you?

What responsible action can you take within the next seven days?

RESPONSIBILITY INVENTORY

My Circle of Control

Use these three circles to direct your energy wisely.

I CONTROL

My choices, effort, preparation, words, boundaries, and next step.

What belongs here?

I CAN INFLUENCE

Conversations, requests, relationships, and decisions where I have a voice but not final control.

What belongs here?

I MUST RELEASE

The past, other people's behavior, and outcomes I cannot guarantee.

What belongs here?

Where have you been spending energy without receiving a constructive return?

How will you redirect that energy toward something you control?

PART THREE

Endure Everything—Wisely

Healthy endurance is the capacity to remain engaged with your growth through difficulty. It includes rest, boundaries, adaptation, support, and the wisdom to change direction. Endurance is not silent suffering.

Healthy endurance may look like	Endurance does not require
Pausing to recover	Tolerating abuse or danger
Asking for help	Ignoring your health
Setting or enforcing a boundary	Staying on a harmful path
Adjusting your plan	Pretending you are unaffected

What have you been enduring, and what has it cost you?

What boundary, resource, rest, or support would make your endurance healthier?

Is wisdom asking you to stay, pause, change direction, or let go? Why?

RESILIENCE INVENTORY

Recognize What Keeps You Rooted

Resilience grows through protective resources. Identify the roots that help you remain grounded.

- ☐ Faith, meaning, or guiding values
- ☐ Supportive family or friends
- ☐ Professional or community support
- ☐ Healthy routines
- ☐ Past evidence that I can recover
- ☐ Skills, education, or experience
- ☐ A safe place to pause and think

Which three roots are strongest for you right now?

Which root needs attention or rebuilding?

Who is one safe person you can contact, and what specifically will you ask for?

STRENGTH INCLUDES SUPPORT

Asking for appropriate help is responsible action—not weakness.

PART FOUR

Read the Signs

Growth requires paying attention. Your body, emotions, relationships, habits, and environment often provide early signs that something needs care or change.

Signs I am becoming overwhelmed	Actions that help me reset

What warning signs have you ignored in the past?

What signs tell you that healing or progress is taking place?

What will you do when your warning signs appear again?

PART FIVE

Turn the Experience into a Lesson

A lesson does not make an unfair or painful experience acceptable. It allows you to recover useful wisdom so the experience does not take everything from you.

What has this experience revealed about your values?

What has it revealed about your strengths?

What pattern, belief, habit, or relationship needs to change?

What will you do differently if a similar situation arises?

LESSON FROM THE ROOTS

Growth is not denying the storm. Growth is developing deeper roots, wiser boundaries, and stronger branches because you survived it.

PART SIX

Reconnect with Purpose

What matters most to you in this season of life?

What kind of person do you want to become through—not merely after—this experience?

Choose five guiding values

- ☐ Integrity
- ☐ Faith
- ☐ Courage
- ☐ Family
- ☐ Health
- ☐ Service
- ☐ Growth
- ☐ Peace
- ☐ Discipline
- ☐ Freedom
- ☐ Wisdom
- ☐ Compassion

My five values are:

One decision that would bring my life into closer alignment with these values is:

PART SEVEN

Set a Meaningful Growth Goal

Choose one goal that is specific enough to guide action and meaningful enough to sustain effort.

Over the next 30 days, I will...

This goal matters because...

I will know I am making progress when...

The smallest first step is...

I will complete that step by this date:

KEEP IT WORKABLE

A responsible plan fits your real capacity. Small, consistent action is more useful than an impressive plan you cannot sustain.

PART EIGHT

Anticipate Obstacles

Likely obstacle or trigger	My planned response

What thought or belief could cause you to give up?

What truthful statement will you use to challenge it?

What boundary will protect your goal?

Who can provide encouragement or accountability?

YOUR PLAN

My TREE Personal Growth Action Plan

T — Take responsibility

The choice, habit, response, or next step I own is:

R — Recognize reality and resources

The facts I must accept and the support I can use are:

E — Endure wisely

The boundary, recovery practice, or adaptation that will sustain me is:

E — Execute and evaluate

The action I will take and how I will review my progress are:

MY COMMITMENT

I will focus on what I can own, use support wisely, protect healthy boundaries, and take consistent action toward growth.

30-DAY PRACTICE

Weekly Growth Tracker

Week	Action taken	Challenge faced	Lesson learned	Next step
1				
2				
3				
4				

At the end of 30 days, what progress will you celebrate?

What will you continue for the next 30 days?

WEEKLY REFLECTION

TREE Check-In

Complete this page once each week. Make additional copies if helpful.

What did I take responsibility for this week?

What did I endure wisely rather than simply tolerate?

Where did I honor a healthy boundary?

What action moved me forward?

What needs adjustment next week?

My current rating

- ☐ Clarity: 1 2 3 4 5
- ☐ Energy: 1 2 3 4 5
- ☐ Confidence: 1 2 3 4 5
- ☐ Consistency: 1 2 3 4 5

CLOSING REFLECTION

Recognize Your Growth

The most important thing I learned about myself is:

A burden I am ready to release is:

A strength I will carry forward is:

My next season will be guided by:

FINAL REMINDER

Your growth does not require you to erase the past. It asks you to carry its lessons without allowing its weight to control your future.

ABOUT THE CREATOR

Tracy L. Myles, M.A.

Tracy L. Myles is a leadership and personal-development advocate whose professional journey spans athletics, law enforcement, public safety, organizational leadership, and public service. He created The TREE Method™ to help people face adversity with responsibility, endurance, healthy boundaries, and purposeful action.

Drawing from decades of lived and professional experience, Tracy teaches that responsibility is not the same as blame and endurance is not the same as accepting harm. Growth begins when people identify what is theirs to own and take the next constructive step.

CONTINUE THE JOURNEY

Use this workbook as the beginning of an ongoing practice. Revisit your action plan, notice your progress, and keep growing—one responsible step at a time.

Connect

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