

YOUR ORIGIN STORY

Tending to Where & Who You Come From

Who we are is shaped by where we come from and who we come from. We receive more than our genetics from our family. The actions, attitudes, struggles, & emotions of our ancestors can reverberate in our lives. There is value in naming where & who we come from.

WHERE DO YOU COME FROM?

- Where are your ancestors from?

- What cultural markers define your people?

- How did your location influence your life?

WHO DO YOU COME FROM?

- Who shaped your formative years?

- Who shaped the people you listed in their formative years?

LOOK AT THE NAMES YOU LISTED

- What kind of struggles have those people faced?

- What kind of character qualities do you see?

- What kind of achievements have they made?

RELATIONSHIP DYNAMICS

- Where has significant conflict existed between family members?

- Who have you enjoyed special bonds with?

- What conflicts have existed between yourself and your family members?

CONNECTING YOUR PRESENT TO YOUR PAST

- What strengths do you see in yourself that you attribute to your place/people of origin?

- What struggles do you see in yourself that you attribute to your place/people of origin?

- What areas of your life do you need to spend further time exploring/examining?
