
Reflecting Back

(If you have any pictures of a family tradition from your childhood consider including it alongside these memories)

Thinking back to your childhood, what type of home environment did you grow up in?



How did you spend time together as a family?

Describe a special family event, day you spent together?

Describe a family tradition from your childhood. Why is it important to you?

Capturing family history and life stories

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Describe family dinners? Did you say certain prayers or reflections at meal time?

Your Own Family

(Insert any pictures of your own family and your family traditions)

What family traditions have you carried forward in your own family? Why?

What similarities and differences have you brought into your own family from your family of origin?

Do you recognize your parents in your own behaviour today?

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What do you treasure most about your family that you have brought forward into your own family?

What is your family's greatest strength?

If you are unmarried and do not live with biological relatives how have you created a sense of "family" in your life.

Words of Wisdom to Your Future Family

What one family tradition do you wish to see future generations carry forward?
