Roots & Messages

A simple map of the people who shaped you and the messages they passed down. Use names, colors, symbols, or single words. Include only who you want to; it's fine to leave circles empty.

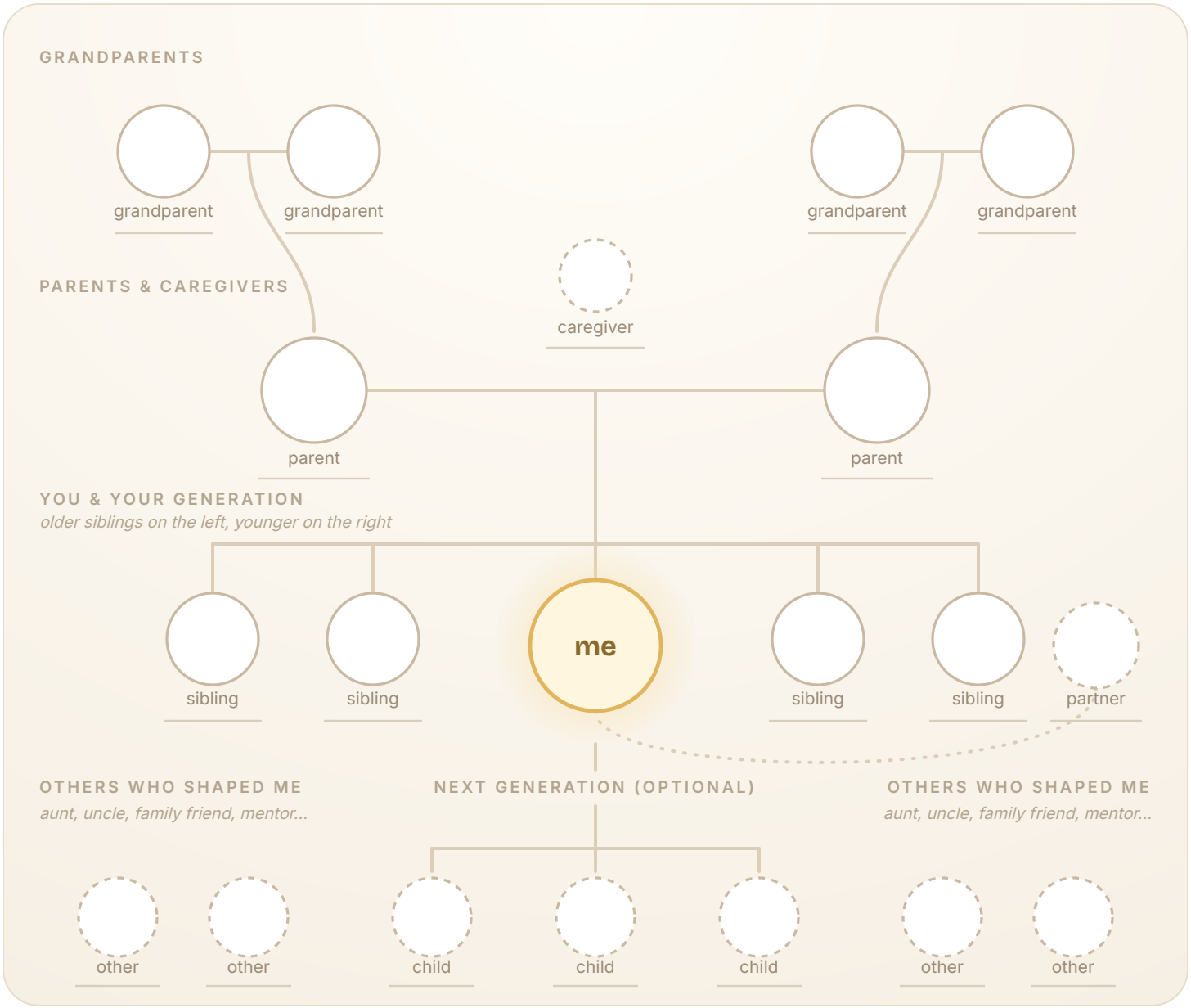


1 Place your people
Write a name under each circle you use, including aunts, uncles, or mentors.

2 Bring them to life
Color each circle. Add a symbol and one word.

3 Draw how close
Connect yourself to each person with a line.

4 Notice messages
Turn the page to write what was passed down.



Lines from you: Close · Loving but complicated · Distant · Tense · Cut off

Symbol ideas: 🌳 steady · 🌊 deep · 🔥 intense · 🌙 quiet · ☀️ warm · 🪨 tough · 🌸 gentle · 🛡️ protective · 🍲 nurturing · ❓ unknown

Messages passed down

Some were said out loud; many were shown, or simply understood. Culture counts too. Write a message, who it came from, then circle what you'll do with it.

Work hard, don't complain · Family comes first · Don't show weakness · Education is everything · Keep the peace · Feelings are private · You can always come home · Make us proud · Take care of others first · You are loved as you are

FROM	THE MESSAGE	CARRY · REWRITE · LEAVE
		○ 🌱 ○ ✏️ ○ 🍂
		○ 🌱 ○ ✏️ ○ 🍂
		○ 🌱 ○ ✏️ ○ 🍂
		○ 🌱 ○ ✏️ ○ 🍂
		○ 🌱 ○ ✏️ ○ 🍂

🌱 carry forward ✏️ rewrite it 🍂 leave behind

Rewrite a message

Honor what it meant, and make it yours.

WHAT I WAS TOLD	→	MY VERSION
	→	
	→	

Strengths in my family line

What got passed down that you're proud of?

Reflect, write, or draw

Looking at your map,
what stands out? Where do you feel the most warmth, and the most weight?

One message you're grateful for:
what did it give you, and who would you thank for it?

What would you like the next generation
to receive from you? (Your children, students, or anyone you influence.)

Draw it:
pick one person and draw a symbol, color, or scene that captures them, in the margin or on the back.