

# Family Mapping Worksheet

## Reflection Exercise: Mapping Your Family's Journey

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Major Challenges

Generation / Ancestor	Challenge Faced	Notes / Context

### 2. Skills and Traits for Survival

Generation / Ancestor	Key Skills / Traits	Examples / Stories

### 3. Family Values

Value / Principle	How It Manifested in the Family	Notes / Reflection

### 4. Recurring Strengths

Strength / Pattern Observed	In Which Ancestors	How It Influences You Today


**5. Reflection Questions**

- How have your family’s challenges shaped who you are today?
  
- Which ancestral values do you want to carry forward?
  
- Are there strengths you want to strengthen or change in your own life?