



UNCOVER YOUR LEGACY  
WORKBOOK

# ANCESTRAL ECHOES



YOUR JOURNEY  
WITHIN



# Personal Identity & Self-Worth



**What beliefs about self-worth and value do you recall being emphasized in your family while growing up?**

Write your answer here...



# Personal Identity & Self-Worth

**Can you identify any recurring phrases or sayings from older family members regarding self-esteem and individual value?**

Write your answer here...

**How did your ancestors describe or demonstrate their sense of identity? Are there echoes of those beliefs in your own self-perception?**

Write your answer here...



# Personal Identity & Self-Worth

**What stories or legends from your ancestors impacted your sense of who you are?**

Write your answer here...

**Were there certain family expectations about how you should present yourself to the world?**

Write your answer here...



# Relationships & Familial Patterns

**Are there particular patterns (like loyalty, sacrifice, or roles) in relationships that have been recurrent in your family's history?**

Write your answer here...



# Relationships & Familial Patterns

**What inherited beliefs about love, commitment, and partnership influence your current perceptions?**

Write your answer here...

**Were there specific lessons or warnings about relationships passed down to you?**

Write your answer here...



# Relationships & Familial Patterns

**Are there any relationship taboos or "unspoken rules" that have been passed down?**

Write your answer here...

**What stories of love, challenges, or partnership from your ancestors resonate with you the most?**

Write your answer here...



# Career & Generational Definitions of Success

**How have ancestral achievements or failures shaped your family's definition of success?**

Write your answer here...





# Career & Generational Definitions of Success

**What beliefs about wealth, prosperity, and financial stability were passed down through generations?**

Write your answer here...

**Were there any family narratives about "hard work" or "destiny" in relation to career success?**

Write your answer here...



# Career & Generational Definitions of Success

**Were there specific family expectations about education and its role in career success?**

Write your answer here...

**How did your family historically view the balance between career ambition and personal life?**

Write your answer here...





# Conclusion

Upon completing this workbook, you have undoubtedly discovered many intriguing aspects about yourself. While answering its questions, many other questions, thoughts, and feelings likely emerged. It's beneficial to deeply examine these and, in doing so, continue your self-exploration.

*I hope you found this little workbook valuable,  
and I wish you success!*

