

## What Am I Inheriting?

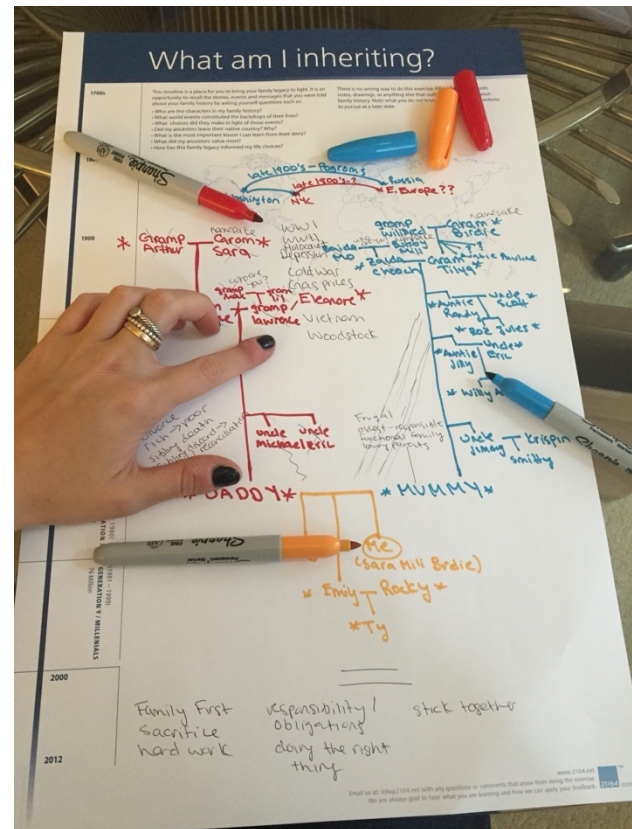
### Purpose

The act of writing down family history intensifies the participants' sense of what they are "inheriting" in terms of values and legacies beyond financial inheritance and how that informs their own lives.

This exercise enables family members to recall the stories, events, and messages handed down from previous generations by asking themselves questions such as: Who are the characters in my family history? What world events comprised the backdrop of their lives? What choices did they make in light of those events?

### Objectives

- To provide insight into your family history, illuminating what you know and don't know
- To highlight the decision-making factors of your predecessors
- To understand what has led up to your role in the family system
- To explore how to utilize this exercise in an individual, family, or group setting



### Facilitation Observations