Mapping Your Roots

A Blessed Timber Reflection Worksheet

Our roots are the beliefs, patterns, and experiences we inherited or absorbed growing up. Some nourish us. Others quietly hold us back.

This worksheet will help you gently uncover what lies beneath the surface, so you can choose which roots to keep and which to release.

Tend the roots. Strengthen the trunk. Reach with your branches. Clear the vines.

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Take your time with each prompt. There are no wrong answers - only honest ones.

1. Family Beliefs ~ What beliefs about yourself were passed down to you? Which ones still feel true?

2. Repeated Patterns: Which family patterns (spoken or unspoken) still show up in your life?

3. Unspoken Rules: What unspoken rules did you grow up with? (i.e. “Don’t ask for help”, “Stay small”)

4. Defining Moments: What moments from your past shaped how you see yourself today? Are those stories still serving you?

5. Roots to Release: What roots feel heavy or limiting? What would it look like to gently let go of them?

6. Roots to Keep: Which roots give you strength, identity and grounding? How can you honor them going forward?