

Legacy Mapping Worksheet

The R.E.P.A.I.R.™ Parenting Framework

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This worksheet is designed to help you explore the intergenerational influences that shape your beliefs, behaviors, and responses in parenting. Through reflection, you'll begin to identify what you're carrying—and what you're ready to transform.

1. Family Pattern Exploration

List your major caregivers growing up and what roles they played in your life:

- Caregiver 1: _____
- Caregiver 2: _____
- Additional Influential Adults: _____

Reflect on the messages or patterns you observed in your family around the following themes:

- Emotions: _____
- Discipline: _____
- Connection: _____
- Conflict: _____
- Boundaries: _____

2. Inherited Messages

What messages—spoken or unspoken—did you receive about the following?

- Parenting: _____
- Emotions: _____
- Authority: _____
- Worth: _____
- Safety: _____

- Body & Appearance: _____
- Food & Eating: _____
- Success & Achievement: _____
- Work & Rest: _____
- Gender Roles: _____
- Respect & Authority: _____
- Money & Security: _____
- Conflict & Anger: _____
- Touch & Affection: _____
- Independence & Dependence: _____

3. Recognizing the Legacy

What beliefs, behaviours, or reactions do you notice in yourself that feel connected to your upbringing?

Which of these patterns would you like to carry forward, and which are you ready to shift?

- I want to carry forward: _____
- I want to shift: _____

4. Rewriting the Script

Choose one legacy message that no longer serves you. Rewrite it with intention.

Old message: _____

New, intentional message: _____