



## Campsite Two—Find the Gems in Your Past

You can make your personal journey more enjoyable and productive by taking time to think about, write about and act on the following ideas. Pick the ideas that are most meaningful to you and write your thoughts down. You may choose to write in your own personal journal or you may print off the custom Personal Journey pages and write on them.



### Key Learning Points

- Remember the good aspects of your life history instead of focusing on the negative or disappointing aspects
- Mine the history of your family to find “gems” that can help you on your journey.



### Application Exercises

1. What are a handful of the best memories that you have? How can you string those together to create a positive story of your life?
  - Consider your life history with a theme, such as growth, joy, courage, purpose or service.
2. Do you have memories that create problems in your life today? What can you do to move forward beyond those memories?
  - “Re-script” difficult memories with positive themes. For example, think about them with a theme of forgiveness (for others or for yourself).
  - Sensitive people often review their life histories and see themselves as failures. Instead of considering yourself a failure, view your history in terms of how it helped you grow. What have you learned through your experiences that will help you be the kind of person you want to be in the future?
  - Bring understanding to heal a relationship in order to move forward.
3. Write gratitude letters. Write letters expressing gratitude to people who have positively impacted you. You can send them or keep them for yourself. You can even include people who are no longer alive or in your life.
4. What strengths can you see in your family history that are a part of who you are today?
5. Interview a family member you admire. Ask that person what experiences helped him/her develop the strengths and characteristics you respect. What can you learn from those experiences?
6. Talk to older members of your family and gather up old pictures and documents. Study the lives of your ancestors. Cultivate the feelings of connection and gratitude by coming to know your ancestors and their stories.



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Date :

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