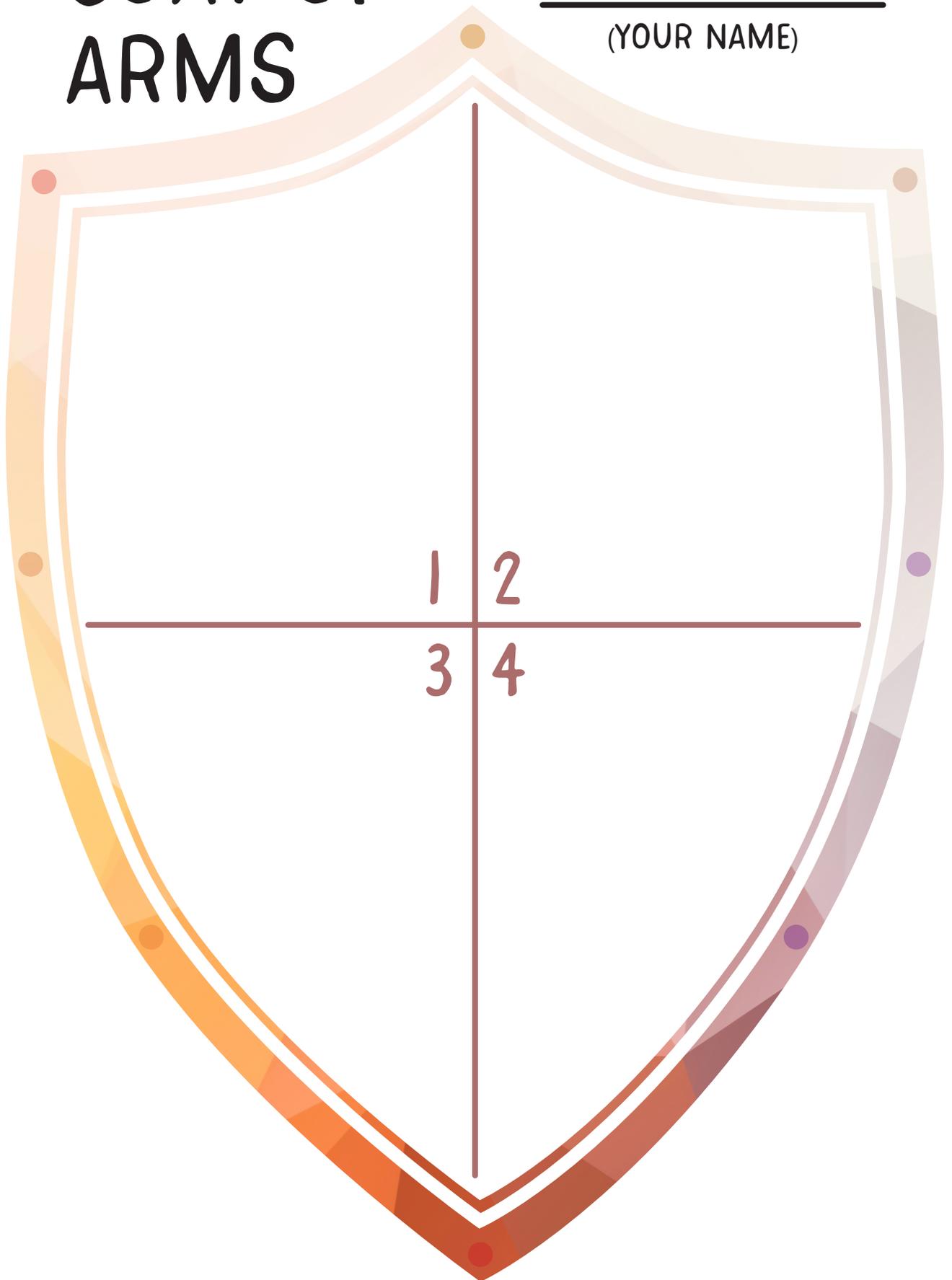


COAT OF ARMS

(YOUR NAME)



GOD'S HEART FOR

JUSTICE COAT OF ARMS

This exercise provides an opportunity to reflect a little on your family of origin. Here are some categories for to ponder and write down some brief reflections.

- Quadrant 1:** Draw your favorite childhood memory.
- Quadrant 2:** Tell us something about your ethnic roots or your "home" geography. Some people in the US identify more with a part of our country than they do with their ethnic heritage. Choose some simple phrases that are meaningful to you as you think about where you are from e.g New Englander, 2nd generation Korean-American etc.
- Quadrant 3:** What were some of the values your family of origin espoused (either verbally or in practice) during your growing up years? E.g. hard work, educational achievement, sacrifice, a penn saved is a penny earned etc.
- Quadrant 4:** Draw a picture of your family during your evening dinner while you were growing up.