



FLOURISH PROJECT

Exploring why we are the way we are
and what we can do about it!

Everyone has their own unique model of the world, that has been created through memory, family patterns and our unique life experiences, especially those they have shaped us during our early years. These models have infinitely variable combinations and people who witness the same event can therefore experience and remember it completely differently.

The Flourish Model encourages everyone to think about '*Why we are the way we are*' and to try to ensure that the negative patterns of the past are not carried forward into future generations. It shows that, no matter what has gone before, we each have the ability to look at our family and cultural patterns and to seek to choose different. This is especially important for adults that are acting as role models for children and young people.

FAMILY PATTERN EXERCISES

To have the greatest impact we suggest that these are introduced over a period of time i.e. one exercise a month

WALKING THE ANCESTORS

Think back one hundred years and make a list of all the family traits (good and bad) that have made you who you are today and that you have been carrying forward through your own family patterns. Identify the ones that you would like to now let go of and whenever they arise in your daily life try to take a step back and choose different.

Think about how the values, beliefs and behaviours of your own parents and grandparents were shaped by their ancestors and the cultural, political and religious systems that they lived within.

MOVING ON

Start noting down every situation that negatively impacts you during your day. Reflect on what your automatic responses were, whether they achieved what you really wanted or needed, and whether by stepping back you could have handled them differently. Reflect on how many of these responses were learnt behaviours that you have been carrying forward.

Consciously do your best to change your reactions and responses to serve who you really want to be in the world

LOOKING BACK

Imagine yourself in the last year of your life. Write a letter to your descendants on what you would say to them: your biggest learnings and errors and what you could have done to avoid them, your life realisations and what really matters in life.

Think about what you would like your own legacy to be.