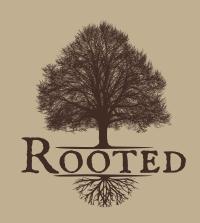
MY ROOTED LEGACY

This guide is your invitation to honor your maternal lineage, preserve family stories, and reflect on the legacy that flows through you. Every name, memory, and note strengthens the roots of your story.



MAP YOUR MATERNAL LINEAGE

Tracing your maternal line isn't just about documenting facts—it's about diving into the stories that shaped you. Each name, birthplace, and memory is a doorway into the lives of the women who carried you across generations.

- Start with yourself and work backward, generation by generation
- For each woman, document:
 - Name (full name, maiden name if known, even nicknames)
 - Birthplace (city, state, country whatever you know, even places they've lived)
- Stories or memories (anything you remember, even if it's small —a recipe, a laugh, a phrase, her strength)

- Focus on these generations
 - Mother
 - Grandmother
 - Great-grandmother
 - Great-great grandmother, and as far as you can go back.



Tip: Don't worry if some details are missng. A blank space doesn't mean an absence—it's an opening. It gives you an invitation to ask questions, a chance to explore and listen, in order to uncover hidden stories. Remember, even silence holds stories.

My ROOTED LEGACY



Preserve Stories

- Conversations: Sit with an elder, a parent, or a relative. Ask them to tell you the story of your family—how they lived, struggled, celebrated, or dreamed. Don't just ask questions, but listen for the pauses, the laughter, the sorrow. Sometimes we'll find more in what is left unsaid. Write or voice record these conversations.
- Capture how they move: Don't just record the events, get the emotions. It's the way it felt and the inflection in their voices when they said it, that make their stories unique and brings them to life.
- Map the lineage of traits and wisdom: Note patterns of resilience, compassion, creativity, even what they struggled with. These are the pieces of identity passed down through generations that we can learn from.
- Preserve objects of meaning: Take pictures of heirlooms, letters, or clothing that hold meaning.
- Curate a living archive: Create a journal. digital library, or memory box. Whatever form you choose, let it invite future generations to see, touch, and hear the richness of their heritage. This isn't just about preserving facts. It's about passing down the essence of who you are and where you come from. And who knows—this could be the first step toward writing your own book, a story only you can tell.

Honor Ancestors

- Dedicate a corner in your home or a garden in honor of their memory.
- Live their legacy by identifying the qualities or values you inherited, and intentionally embody them in your daily life.
- On birthdays, anniversaries, or big life events, take a moment to honor, acknowledge, and celebrate your foremothers.



"I am rooted. I am remembered. I am carried. The stories of my mothers live in me, and through me, they live on."

MY ROOTED LEGACY



GETTING STARTED:

Websites and Databases

- FamilySearch.org Free, global database with census and vital records.
- Ancestry.com Paid, but powerful for building family trees and connecting with relatives.
- AfriGeneas.com Excellent for African American genealogy and oral history resources.
- National Archives (archives.gov) –
 U.S. census, military, and land records.

DNA Insights

- 23andMe / AncestryDNA /
 FamilyTreeDNA Can reveal ethnicity
 estimates and connect you with
 relatives.
- Use DNA results as one piece of the puzzle, alongside records and oral history.
- Privacy matters: Always review how your data will be stored and shared.

Local Libraries & Historical Societies

- Many libraries have genealogy rooms, local history archives, or free access to subscription sites.
- Librarians can guide you through old census records, church documents, newspapers, and maps.
- Local historical societies often keep oral histories and family files not found online.
- Tip: Call ahead to see if you need an appointment, especially for special collections.

Oral History Tips

- Begin with family elders—ask about childhood, traditions, and migrations.
- Record conversations (with permission) using your phone or a recorder.
- Go beyond names and dates—capture recipes, songs, sayings, and personal stories. These are living treasures.



Next Steps:

- Start with what you know—your mother, grandmother, and great-grandmother.
- Fill in details as you gather stories, documents, or DNA results.
- Remember: even the smallest bit of information is a piece in your family's story.