

Reflecting on Your Self to Discover Your Ancestors

This method is all about reflecting on the activities, traits, and experiences that are important parts of you, your loved ones, and your ancestors. You then turn them into categories that you keep track of when researching your family tree. This is a starting point for telling the stories that are important to you!

You/Your Ancestor/
Your Loved One

Example

Your/Their Interests

Gardening

Does that topic show up
in your Family Tree?

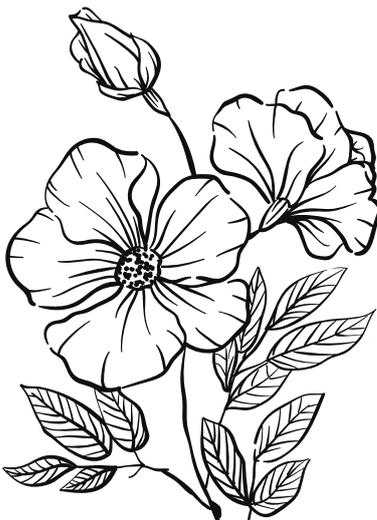
My great grandfather's
brother, Uncle Dai, had a
greenhouse & their
grandfather was a farmer.

In what Family History
records could you learn
about that interest?

Old photo albums &
newspapers.

In what articles/books
could you learn more
about the history of that
interest?

An Article called "Digging
for Victory" by the Royal
Horticultural Society on
the victory garden
campaigns in WWII, when
my Uncle Dai had his
greenhouse.



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