



## THE MESSAGES THAT WE HAVE HEARD

We all have received **Messages** that influence us. When you were growing up, what messages did you hear from your family, culture, community, parents, siblings or other voices?

Write down the message you heard related to:

Education

Work

Money

Marriage

Government

Future

Sports

Men

Family

Church

Women

Americans

Authority

Rich People

Divorce

Poor People

God

Ourselves

Write down two *Family Mottos* about your life that you received growing-up