

## Instructions

Read the following questions and prompts carefully. Take your time to think about your answers and express your thoughts fully. Use complete sentences where appropriate.

### 1. Understanding Generational Curses

What do you think is meant by the term "generational curse"? Provide your own definition and an example from your life or from someone you know.

### 2. Recognizing Patterns

Identify a pattern in your family that you believe could be a generational curse. Describe this pattern and how it has affected you or your family members.

### 3. Breaking the Cycle

What steps can you take to break this generational curse? Write down at least three actionable steps you can start taking now.

### 4. Seeking Support

Who are the people in your life that you can turn to for support while trying to break these patterns? List at least two people and explain how they can help you.

### 5. Positive Changes

Think about positive changes you can implement in your life to create a healthier future. What are some values or habits you want to adopt? List at least three.

## 6. Reflection

After considering everything you have written, what is one thing that you feel most determined to change in your life? Explain why this change is important to you.

## 7. Personal Affirmation

Write a personal affirmation that encourages you to continue breaking generational curses. It can be a positive statement about yourself or your goals.

**Remember:** Breaking generational curses requires patience and persistence. You have the power to create a positive future for yourself and future generations!