

Family Traditions

Every family has traditions.

Maybe it's how you celebrate Christmas. Maybe it's Sunday dinner at Grandma's house. Maybe it's a particular phrase your dad always said. Maybe it's the way you celebrate birthdays, or the place you always go on holiday, or the recipe that gets passed down.

These traditions are the threads that tie your family together across generations.

When you're gone, some of these traditions might continue. Others might fade. But if you don't write them down, your grandchildren won't even know they existed.

This section is about preserving those traditions so they can be carried forward - or at least remembered.

WHY THIS MATTERS

Traditions create belonging. They connect your family to its past and give your grandchildren a sense of where they come from.

When your great-granddaughter makes your grandmother's Christmas pudding recipe, she's connected to four generations. When your grandson says the funny phrase you always said, he's keeping you alive.

But only if someone writes it down.

Let's preserve your family's traditions.

Your Family Traditions

The rituals, recipes and sayings that make your family yours. Capture them before they fade.

HOLIDAY TRADITIONS

HOW YOUR FAMILY CELEBRATES CHRISTMAS, AND ANY SPECIAL CHRISTMAS TRADITIONS

Your Family Traditions (cont.)

HOW YOUR FAMILY CELEBRATES EASTER

OTHER HOLIDAYS OR CELEBRATIONS YOUR FAMILY MARKS

Your Family Traditions (cont.)

BIRTHDAY TRADITIONS

HOW YOUR FAMILY CELEBRATES BIRTHDAYS, AND ANY SPECIAL BIRTHDAY TRADITION

Your Family Traditions (cont.)

HOW YOU CELEBRATED MILESTONE BIRTHDAYS (18TH, 21ST, 50TH)

WEEKLY OR REGULAR TRADITIONS

WEEKLY TRADITIONS (E.G. SUNDAY DINNER, FRIDAY PIZZA NIGHT)

Your Family Traditions (cont.)

DAILY TRADITIONS OR RITUALS

FOOD TRADITIONS

FOODS OR MEALS YOUR FAMILY ALWAYS MAKES

Your Family Traditions (cont.)

THE DISH ALWAYS SERVED AT GATHERINGS, AND WHO MAKES IT BEST

FAMILY RECIPES WORTH PRESERVING

RECIPE NAME

WHO CREATED / PASSED IT DOWN

WHY IT'S SPECIAL, AND WHERE THE RECIPE IS KEPT

Your Family Traditions (cont.)

FAMILY SAYINGS & PHRASES

THE SAYINGS, WHO SAID THEM, AND WHAT THEY MEAN

CULTURAL OR RELIGIOUS TRADITIONS

WHAT YOU OBSERVE, WHERE IT CAME FROM, AND WHETHER IT SHOULD CONTINUE

Your Family Traditions (cont.)

ANNUAL FAMILY EVENTS

YOUR ANNUAL EVENT, HOW LONG IT'S HAPPENED, AND WHAT MAKES IT SPECIAL

SPECIAL PLACES

A SPECIAL PLACE YOUR FAMILY ALWAYS GOES, AND WHY IT MATTERS

Your Family Traditions (cont.)

FAMILY RITUALS

YOUR FAMILY'S RITUALS AND CUSTOMS

PASSING DOWN HEIRLOOMS

ITEMS HANDED DOWN, TO WHOM, AND THE STORY BEHIND EACH

Your Family Traditions (cont.)

SPORTS OR TEAM TRADITIONS

THE TEAM, HOW LONG YOU'VE SUPPORTED IT, AND ANY GAME-DAY TRADITIONS

STORYTELLING TRADITIONS

THE STORIES YOUR FAMILY TELLS AGAIN AND AGAIN, AND WHO TELLS THEM BEST

Your Family Traditions (cont.)

MUSIC TRADITIONS

MUSIC ALWAYS PLAYED AT FAMILY EVENTS, AND SONGS THAT REMIND YOU OF FAMILY

SEASONAL TRADITIONS

TRADITIONS TIED TO SUMMER, FALL, WINTER AND SPRING

Your Family Traditions (cont.)

MOURNING & REMEMBRANCE TRADITIONS

HOW YOUR FAMILY REMEMBERS AND HONORS THOSE WHO HAVE PASSED

NEW TRADITIONS YOU'D LIKE TO START

WRITE HERE

Your Family Traditions (cont.)

TRADITIONS WORTH CONTINUING

THE TRADITIONS YOU MOST HOPE YOUR FAMILY WILL CONTINUE, AND WHY

Your Family Traditions (cont.)

TRADITIONS THAT HAVE FADED

TRADITIONS FROM YOUR CHILDHOOD THAT NO LONGER HAPPEN, AND WHY THEY STOPPED

ADVICE FOR KEEPING TRADITIONS ALIVE

WRITE HERE

Your Family Traditions (cont.)

WHY TRADITIONS MATTER TO YOU

WHAT FAMILY TRADITIONS MEAN TO YOU

ANYTHING ELSE ABOUT YOUR FAMILY'S TRADITIONS