

Steeles Reflections

Family Identity & Connection Worksheet

Family Day 2026

Drawing from meaningful interactions, moments of introspection, and shared laughter and tears

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Introduction: Creating Your Family Tapestry

This worksheet is inspired by the “Steeles Reflections” narrative—a journey of self-discovery, meaningful connections, and shared experiences. Like the narrative’s emphasis on sacred spaces created through shared meals and trusted conversations, this exercise invites your family to weave together your own tapestry of identity, growth, and connection.

Instructions: Complete this worksheet together as a family. Take time to listen deeply to each other, creating your own sacred space for reflection and sharing.

1 Elements of Family Identity

1.1 Our Family Journey & Origins

Reflection Element	Our Family’s Story
Geographic Journey <i>Example from narrative: Immigration journey from India to Libya, Malta and Canada</i>	
Family Dynamics Evolution <i>Example: How family dynamics were different when supported from outside (Libya)</i>	
Cultural Foundations <i>Example: Worship places, spiritual practices, community connections</i>	
Turning Points <i>Example: Memorial in December 2025, moments of loss and growth</i>	

2 Congruence: Being Authentic Together

When congruent, we fully experience our life energy and are in harmony with all our parts.

2.1 Family Congruence Assessment

Family Member	When I Feel Most Authentic	How Our Family Supports This

2.2 Creating Sacred Spaces

Example from narrative: Shared meal with a trusted fellow, those cups of coffee were sacred spaces

- What are our family's sacred spaces? (physical and emotional)
- When do we feel most connected as a family?
- What rituals or practices help us stay grounded and authentic?

3 Future Vision: Our Family's Direction

Vision Element	Our Family's Future
5-Year Family Goals <i>What do we want to achieve together?</i>	
Values We Want to Pass On <i>Example: Non-judgmental listening, wisdom sharing</i>	
Legacy We're Building <i>What tapestry are we weaving for future generations?</i>	
Growth Areas <i>Where do we want to develop as individuals and family?</i>	

4 Cherished Memories & Meaning-Making

Harnessing personal memories into active meaning making tools, rather than passive reminiscences

4.1 Family Memory Treasure Chest

Memory Category	Specific Memory	Lesson/Meaning We Draw
Moments of Support <i>Example: Going to father when in trouble, receiving non-judgmental listening</i>		
Shared Laughter <i>Times we laughed together, moments of joy</i>		
Shared Tears <i>Moments of vulnerability, loss, or deep emotion</i>		
Learning Together <i>Times we grew or discovered something as a family</i>		
Overcoming Challenges <i>Difficulties we faced and conquered together</i>		
Quiet Moments <i>Simple, peaceful times that meant a lot</i>		

5 Reflection: Deep Family Questions

Deep reflection happens best in relationship with trusted fellow travelers

1. **Identity & Belonging:** What makes our family unique? What are we known for among our friends and community?

2. **Support Systems:** Who are our trusted fellow travelers? How do we support each other through challenges?

3. **Growth & Change:** How has our family evolved over time? What patterns do we want to keep or change?

4. **Connection & Communication:** When do we communicate best? What helps us truly hear each other?

5. **Wisdom & Learning:** What wisdom do we share with each other? How do we learn from our experiences?

6 Imbibing Spirit: Our Family's Essence

6.1 The Spirit We Cultivate

Example from narrative: Combination of congruent movements with universal energy, nature, and elements

Element of Spirit	How We Embody This
Grounding (Earth) <i>How we stay centered and stable</i>	
Communication (Air) <i>How we share thoughts and ideas openly</i>	
Emotion (Water) <i>How we flow with and express feelings</i>	
Passion (Fire) <i>What energizes and motivates us</i>	
Connection (Spirit) <i>How we connect with each other and something greater</i>	

7 Family Commitments & Next Steps

Based on our reflections, we commit to:

1. **Sacred Time:** We will set aside regular time for deep family conversations
2. **Active Listening:** We commit to listening without judgment, offering support and wisdom
3. **Memory Making:** We will intentionally create new meaningful experiences together
4. **Growth Support:** We will support each other's individual growth while strengthening our family bond
5. **Legacy Building:** We will actively work on the legacy we want to leave for future generations

Steeles Reflections: Family Identity Worksheet

This tapestry reflects a journey of self-discovery and shared experiences.

— *Steeles Reflections*

Completed on: _____ by the _____ Family

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