



WHERE DID I COME FROM?

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This plan is designed to allow you to connect with the places where you and your immediate ancestors have lived.

BEFORE YOU BEGIN: Be sure to visit our website and fill out the Pre-Experiment Survey!

**TAKE
SURVEY**

1 CHOOSE YOUR MEDIUM

Choose what medium you will be recording your plan in this month. Some ideas are pen and paper, computer and keyboard, shared journal with your children, app on your phone, social media, voice recordings, or videos. It would be great to publish what you record this month when you are done!

2 WHERE HAVE I LIVED?

Make a list of all of the places you have lived. Why did you move each time. What was your favorite place. What is something memorable or interesting about some of these places.

3 WHERE DID MY PARENTS LIVE?

Make a list of the places where your parents lived.

With any activity, you can pick a different ancestor/generation. If your list of places you lived covers the places your parents lived, then go back to your grandparents or pick an aunt or uncle, step parent, or other relative. This plan is designed to let you learn and share about the places you are from and most activities can be done with any ancestor or place.

4 MY HERITAGE: PARENTS

Learn and share why your parents made each move listed in Activity #3. Learn something new about one or more of these places. Share something interesting about one or more of these places. Share any special family memories associated with one or more of these places.

5 PARENTS PLACES

Ask one or both of your parents or another relative who knew your parents (or read a journal or other record about your parents) to review the information you've compiled and to add anything they know or remember about the places your parents lived or why they moved.

Did you learn anything about your parents that you did not know?

6 HOW DID WE GET HERE: LOCAL

Who was your first ancestor who moved to the city, state, province, region in which you now live? Where did they move from? Why? How do you think your life might be different if they had not made this move?



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**FIRST GRANDPARENT:
WHERE DID THEY LIVE?**

Pick one of your grandparents and make a list of the places they lived.

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**SECOND GRANDPARENT:
WHERE DID THEY LIVE?**

Pick a different grandparent and make a list of the places they lived.

This grandparent can be the spouse of the grandparent of you used in #7 or can be different. You may prefer to do your grandparents as couples, there is no wrong way to do this.

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**THIRD GRANDPARENT:
WHERE DID THEY LIVE?**

Pick another one of your grandparents and make a list of the places they lived.

10

**FOURTH GRANDPARENT:
WHERE DID THEY LIVE?**

Pick another one of your grandparents and make a list of the places they lived.

11

**FIFTH GRANDPARENT OR
OTHER RELATIVE**

Pick another grandparent or other relative and make a list of the places they lived.

12

**WHERE ARE WE FROM:
COUNTRY**

Figure out which of your ancestor(s) was the first one to emigrate to your current country of residence from another country. What country did they emigrate from?

If it works better from you, pick a place far from your current home where your ancestors used to live, whether or not it is a different country. The idea is to connect with your roots regardless of where those are.



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HISTORICAL RECORDS

Learn more about the country or place you identified in the prior activity. What was it like to live there at the time your ancestor lived there? How is it different today?

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EMIGRATION

Why did your ancestor emigrate from the place you identified in activity #12? What was their journey like? How did they pick the place to which they moved? How did this change their life?

15

HERITAGE OF EMIGRATION

For all subsequent generations after the emigration you've used for the last few activities, how did emigrating to the new place change the life of your parents? Your life? The lives of your other relatives?

16

GRANDPARENT HOMES: LEGACY

Pick a place where one or more of your grandparents lived. Either learn about this place and/or share what you already know about that place. What was it like for your grandparent to live there? How is it different from the places where you have lived.

If you already know a lot about the places your grandparents lived, this is an opportunity to record and preserve that knowledge. If you've always wanted to know more about a certain place, this is your opportunity to learn.

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GRANDPARENT HOMES: LEGACY #2

Pick another place where one or more of your grandparents lived. Either learn about this place and/or share what you already know about that place. What was it like for your grandparent to live there? How is it different from the places where you have lived.

This can be a different place that the same grandparent or other ancestor lived or a different grandparent. There is no wrong answer. The list of places you compiled earlier in this plan should be helpful, but feel free to pick another ancestor or another place.



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GRANTPARENT HOMES: LEGACY #3

Pick another place where one or more of your grandparents lived. Either learn about this place and/or share what you already know about that place. What was it like for your grandparent to live there? How is it different from the places where you have lived.

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BACK TO THE FUTURE: GETTING YOUR ANCESTORS TOGETHER

If your parents had never met, you wouldn't be here! Same with your grandparents and each prior generation. Review your family tree and find a couple who would never have met unless at least one of them moved/traveled a great distance. How did they meet? What caused the move?

20

ONE MORE TIME!

Pick any of the activities above and do it again for a new ancestor, couple, place, etc.

This is your opportunity to focus on a person or place that you didn't already use in a prior activity. Pick whatever one you want!

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REFLECTION

Review what you have learned and shared about your heritage in terms of both people and places.

You may want to create a summary or record your thoughts and emotions about what you have learned. Share this with other family members.



Share your progress with us on [Facebook](#), [Instagram](#), [Twitter](#), or [TikTok](#) using the hashtag #21DayExperiment

WHEN YOU'RE DONE: Be sure to visit our website and fill out the Post-Experiment Survey!

**TAKE
SURVEY**

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CONTRIBUTED BY: DAVID DAY, South Jordan, Utah, U.S.

DAY 1

☐

Choose Your Medium

DAY 12

☐

"Where Are We From" Country

DAY 2

☐

Where Have I Lived?

DAY 13

☐

Historical Records

DAY 3

☐

Where Did My Parents Live?

DAY 14

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Emigration

DAY 4

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My Heritage: Parents

DAY 15

☐

Heritage of Emigration

DAY 5

☐

Parents Places

DAY 16

☐

Grandparent Homes: Legacy

DAY 6

☐

How Did We Get Here: Local

DAY 17

☐

Grandparent Homes: Legacy #2

DAY 7

☐

First Grandparent:
Where Did They Live?

DAY 18

☐

Grandparent Homes: Legacy #3

DAY 8

☐

Second Grandparent:
Where Did They Live

DAY 19

☐

Back to the Future: Getting
Your Ancestors Together

DAY 9

☐

Third Grandparent:
Where Did They Live?

DAY 20

☐

One More Time!

DAY 10

☐

Fourth Grandparent:
Where Did They Live?

DAY 21

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Reflection

DAY 11

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Fifth Grandparent:
Where Did They Live?