

**FREEDOM
& BALANCE**

You sound like your mother

A curriculum by Andriana Lagoudes



A deeper look into where your family ends and where you begin.

Before you start, remember the college rules:

1. If it's not Heartwork, it's not Artwork

2. The process is the prize

You don't have to do these exercises alone. Ask a friend to join you. Trust us, it's a very nourishing experience!

Enjoy the process.

Curriculum Design: Andriana Lagoudes

Film: Andriana Lagoudes

Illustration: Erin Aniker

Exercise 1:

35 mins

“Who my family wants me to be v.s who I really am”

Choose a medium:

- A moodboard/ collage
- A mind map
- A 10 sentenced fairytale

Supporting Questions:

- What expectations does my family have for me and my future?
- How close is their expectation to my reality?
- How have their conditions limited my reality?
- What about myself can I show my family to help them better see me for who I really am?



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Exercise 2:

35 mins

“Things my family do that ticks me off, and ways I can cope with it”

Choose a medium:

- A list
- A map of danger zones
- A 10 line poem

Supporting Questions:

- What topics do my family want to talk about that I don't want to be part of?
- What does my family do that ticks me off?
- What makes me so distant from these topics?
- What is one way I can start understanding and addressing these triggers today?



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Exercise 3:

35 mins

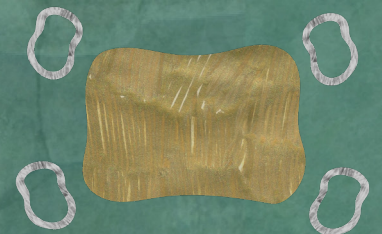
“Parts of my private life my family feel they have a say in”

Choose a medium:

- A pie chart
- A voice memo
- A cease and desist letter

Supporting Questions:

- How much impact does my family’s opinion of me have on my life? Why?
- How much do I value my own opinion? How much do I value theirs?
- How much space do I give myself to even know what my opinion is?
- To what extent am I comfortable with my family’s involvement in my personal life? Why?



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Exercise 4:

35 mins

“The time I have left with my parents and elders”

Choose a medium:

- A question list
- A love letter
- A calendar

Supporting Questions:

- When do I catch myself being fully present with my parents and elders?
- How can I invest in that feeling today to create bridges between us?
- What do I most appreciate about my parents and elders, that I may not have appreciated before?
- What are my parents and elders the backbone of, in me?



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Exercise 5:

35 mins

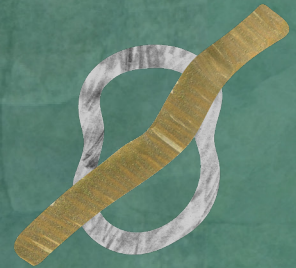
“Appreciating my family; imperfections included”

Choose a medium:

- A moodboard
- A gratitude journal
- A timeline

Supporting Questions:

- What expectations did I impose on my family?
- What imperfections do my family have that I can be more forgiving of?
- What hidden beauties in my family go unappreciated that I would like to acknowledge more of?
- What are some ways that we have grown together over the years?



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Exercise 6:

35 mins

“Celebrating the good times I’ve had with family, rather than the ones I wish we had”

Choose a medium:

- A photo album
- A house menu
- A list of activities

Supporting Questions:

- How does my family compare to what I might consider an ‘ideal’ family?
- Have I compared my family to people that they’re just not?
- How has my family (as simple or complicated as they are) shaped my worldview?
- How do I care for those I love? How has my family taught me to love?



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