



What traditions, beliefs, or memories have shaped who I am as a person or as a maker?

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Are there cultures, communities, or places that influence my style, color choices, or materials?

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Have I inherited quilting knowledge, fabric, or tools from someone? What story do they tell?

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What elements of my identity or background would I like to celebrate through quilting?

Are there colors, symbols, patterns, or fabrics that feel meaningful to my story?

How could I use quilting to document a memory, a place, a family story, or a personal tradition?

Is there a technique from another culture I'd like to respectfully learn and explore?

# QUILTING MY HERITAGE



# A GUIDED WORKSHEET

What do I hope someone will learn or feel when they see or receive a quilt I've made?

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How am I creating heritage for future generations—through my quilts, my words, my habits?

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