

LEGACY REWRITE AFRICA

BONUS ONE · THE COMPANION GUIDE

The Three-Generation Map

One page. Three generations. One honest hour.

*How to draw the invisible pattern your family has been repeating —
and finally see it with your own eyes.*

By **Philip Friday** · A companion to The Generational Blueprint

THE NIGHT I DREW IT

Everything changed for me at a table, on a night I was too tired to pray.

I had spent twelve years fighting what I believed was a curse. I had fasted. I had gone for deliverance more than once. I had felt genuinely free, and then watched that freedom quietly expire, again and again, for over a decade.

And then one night — after another fast, after falling straight back into the same money decision within eleven days — I stopped asking God to break it. I picked up a sheet of paper and a biro instead, and I did something I had never done in all those years.

I wrote my family down.

Three generations across the top. My grandfather. My father. Me. Then down the side, every marriage, every business, every collapse, every quarrel, every silence that lasted years.

It took me about an hour. And when I sat back and looked at that page, I could not move.

*We were not three men
who suffered three misfortunes.
We were three men following
the same set of instructions.*

That sheet of paper is what this bonus is about. It is the single most important exercise in the entire system, because you cannot rewrite a Blueprint you have never seen — and the map is how you finally see it.

This short guide walks you through drawing your own, the same way I drew mine. Read it slowly. Then, tonight if you can, sit down with one sheet of paper and do the work. Most people find their repeat on the first attempt. And once you have seen it, you cannot unsee it.

Before you begin, one promise to yourself: this is not about blame. You are not putting your family on trial. You are drawing a map so that you can love them and still refuse to carry what they carried. Those two things can live together. In fact, they must.

01

WHAT THE MAP ACTUALLY IS

The Three-Generation Map is exactly what it sounds like. One page. Three columns — one for each generation. A handful of rows — one for each area of life where families tend to repeat themselves.

You fill in what actually happened. Not what should have happened. Not the polished version you tell people. The true version.

And then you look for the thing that appears in every column. That thing — the decision, the reaction, the belief that shows up in your grandfather, then your father, then you — is your repeat. It is the Blueprint made visible.

WHY IT WORKS WHEN PRAYER ALONE DID NOT

Prayer is powerful. I have never stopped praying. But prayer removes the structure, while the Blueprint quietly rebuilds it — because the beliefs and habits that built the thing in the first place are still fully intact, still working, every Monday morning.

The map does something prayer was never meant to do on its own. It shows you the drawing in your hand. And once you can see the drawing, you can finally change it.

Here is the shape of the map you are going to draw. You do not need anything fancy — a plain sheet of paper and a pen is all I used.

	GRANDFATHER	FATHER / MOTHER	YOU
Money			
Marriage & love			
Anger & conflict			
Silence & secrets			

That is the whole tool. Four rows, three columns. It looks almost too simple to matter. So did mine. Give it an honest hour and it will show you something you have been unable to see your entire life.

02

THE FOUR ROWS, ONE AT A TIME

Let me walk you through each row — what to look for, and the kind of thing you are trying to write down. As you read, your own family will start filling the boxes in your mind before you even reach for the pen. Let it.

Row One — Money

This is where families repeat themselves most visibly. For each person, ask: how did money behave in their life? Did it come and vanish? Did they give away what they did not have? Did they never save, never track, never talk about it? Did a "sure" business collapse the same way twice?

In my family, all three of us entered major agreements without documents, because asking questions felt like an insult. My grandfather did it with a farm. My father did it with a salary. I did it with a laptop. Same decision. Three times.

Write it now — how did money behave, in each generation?

Row Two — Marriage & Love

How did the marriages and relationships go? Was there peace, or was there shouting, silence, cheating, distance? What did each person learn to call "normal" in love? And here is the harder question: are you choosing what is healthy, or what is simply familiar?

Many people discover that they keep choosing the same kind of person, or becoming the same kind of partner they swore they never would. That is not bad luck. That is a row on the map.

Write it now — what did love and marriage look like, in each generation?

Row Three — Anger & Conflict

How did each person handle a problem? Did they shout? Go silent for days? Disappear? Raise their hand? Bring up old wounds in every new argument? Never once apologise?

Children absorb this one without a single word being taught. A boy who watched his father shout learns that shouting is how a man handles trouble. A girl who watched her mother endure in silence learns that love means suffering quietly. Write down what each person actually did when things went wrong.

Write it now — how was anger and conflict handled, in each generation?

Row Four — Silence & Secrets

Every family has things that are never discussed. Money shame. A parent's mistakes. Abuse that was buried. A quarrel that split the family and was never named. What went unspoken in your home? What did everybody know and nobody say?

Silence does not protect a family. It only passes the wound down intact, unexamined, to the next person — who inherits the weight without ever being told what it is.

Write it now — what was never spoken about, in each generation?

MY OWN MAP, FILLED IN

Before you draw yours, let me show you mine. This is the map I actually drew that night — cleaned up enough to read, but honest. I am showing it to you because a blank grid can feel intimidating, and seeing a real one makes it obvious what kind of thing you are writing down.

	GRANDFATHER	FATHER	ME
Money	Built two houses. Both lost to disputes. Died with nothing.	Good salary. Gone every month. Endless "sure" businesses.	Degree, business, laptop. Collapsed at the same stage.
Marriage & love	Provided, but distant. Never spoke of feelings.	Present in body, absent in heart. Chased money, not us.	Doing the same to my wife before I caught it.
Anger & conflict	Went silent. Held grudges for decades.	Silence, then blame. "It is enemies."	Go quiet. Walk out. Say the same three words.
Silence & secrets	A land quarrel. Two brothers. Never spoke again.	Money shame, never discussed. Debts hidden.	Told no one the business had failed for six months.

Now read across the rows the way I did.

Money: three men, three different eras, one identical ending — money arrived and left the same way, every time, through decisions made without documents and without saying no.

Anger: silence, then blame. And there, in the bottom of that column, the same three words in three different mouths — "*It is enemies.*" My grandfather said it. My father said it. I said it, at thirty, in my own sitting room. Later I would hear it from my own young son, who had never been taught it.

*Three columns.
One sentence, repeating.
That was the moment I stopped calling it a curse.*

That is what you are looking for on your own page. Not tragedy in general — the *specific* repeat. The decision or reaction or phrase that shows up in more than one column, wearing a slightly different costume each time.

04

HOW TO DRAW YOUR MAP TONIGHT

You do not need a therapist, a special notebook, or a quiet weekend retreat. You need one sheet of paper, one pen, and one honest hour. Here is exactly how to do it.

1 Draw the grid.

Turn a sheet of paper sideways. Three columns across the top — Grandfather, Father or Mother, You. Four rows down the side — Money, Marriage, Anger, Silence. That is your whole canvas.

2 Start with the generation you know best.

Usually that is you, or your parents. Fill in your own column first — it warms you up and makes the others easier.

3 Be specific, not polite.

Do not write "money problems". Write "borrowed to look successful, never saved, panicked every month". The specific truth is where the pattern hides. The polite summary hides it.

4 Leave a box blank if you truly don't know.

You are not required to have every answer. A blank box is honest. Guessing to fill it in defeats the purpose.

5 Now read across each row.

This is the moment. Look at Money across all three columns. Then Marriage. Then Anger. Then Silence. You are hunting for the thing that appears more than once.

6 Circle the repeat.

When you find a decision, a reaction, or a belief that shows up in two or three columns — circle it. Hard. That circle is your Blueprint. That is the thing you are going to rewrite.

A word of warning. Many people cry at step five. That is normal, and it is not a bad sign. It is the feeling of finally seeing something you have been fighting blind for years. It has an address now. That is the beginning of it losing its power over you.

THE REPEATS I SEE MOST OFTEN

After drawing this with many people, I have noticed that most family repeats fall into a handful of shapes. Reading these may help you recognise your own faster. See which one makes your chest tighten — that tightening is usually the map pointing at your row.

The money that never stays

Money arrives and is gone within days, generation after generation, no matter how much comes in. Underneath it is almost always a rule: that keeping money is selfish, that saying no to family is shameful, that a good person gives what they have the moment someone asks. Earning more never fixes it, because the rule controls every naira regardless of the amount.

The marriage that repeats

The same painful marriage appears in mother, in aunt, in sister — and now in you. Usually because nobody was ever shown what a healthy relationship looks like, so distance and silence came to feel like love. You keep choosing what is familiar and calling it what is right.

The anger passed down

A short temper, or a cold silence, that travels father to son to grandson. Each one swears he will be different. Each one becomes the same, because hating a behaviour is not the same as learning to replace it — and no one ever taught the replacement.

The good thing you spoil yourself

Every time life is about to improve, something goes wrong — and looking closely, you are often the one who caused it. Underneath is an identity: *people like us do not get such things*. So when the good thing comes, something inside quietly arranges for it to leave, to keep the world matching what you were taught to expect.

The silence that divides

People in the family stop speaking for years over things that were never discussed. The lesson passed down is not how to resolve a conflict, but how to survive one by disappearing. And you find yourself doing exactly that — in your marriage, with your children, at work.

06

FOUR MISTAKES THAT HIDE THE PATTERN

The map only works if you draw it honestly. These are the four ways people accidentally hide their own pattern from themselves — avoid them.

1 **Being polite instead of specific.**

"Money problems" tells you nothing. "Borrowed to impress people, then panicked" tells you everything. The pattern lives in the specific detail, and dies in the polite summary.

2 **Turning it into blame.**

The moment the map becomes a list of charges against your father, you stop seeing clearly and start defending or attacking. Name the pattern, not the villain. Wounded people wound people — that understanding is what sets you free, not what excuses them.

3 **Filling every box to look complete.**

If you do not know how your grandfather handled money, leave it blank. A guessed box is worse than an empty one, because it invents a pattern that is not there.

4 **Stopping before you read across.**

The magic is not in filling the boxes. It is in reading across the rows. If you fill the grid and close the book, you have a family history. If you read across and circle the repeat, you have a Blueprint.

FINDING YOUR REPEAT

This is the heart of the whole exercise. Everything up to now — the four rows, the honest hour, the specific details — was building toward this one moment. Do not rush past it.

Once the grid is filled and you have read across every row, you are looking for one sentence you can say out loud. The repeat. The instruction your family has been obeying without remembering it was ever written.

It usually sounds like one of these:

- "In my family, money always leaves the same way — through people we did not want to say no to."
- "In my family, a man does not apologise, and a woman endures."
- "In my family, we go silent instead of talking, and the silence lasts for years."
- "In my family, we shrink whenever we start to rise, because rising feels dangerous."
- "In my family, we give what we do not have, and call it love."

Write yours in your own words. It does not have to be elegant. It has to be true. When you can say your repeat out loud in one sentence, you have done the single most important piece of work in this entire system.

My family's repeat, in one honest sentence:

Keep this sentence somewhere you will see it. It is the thing you are now going to break, in Stage Two of the Legacy Rewrite Method — and then rewrite, on purpose, in Stage Three.

WHAT TO DO ONCE YOU'VE FOUND IT

Seeing the repeat is the hard part, and you have done it. But seeing is not the same as changing. An empty house does not stay empty — if you do nothing else, the old Blueprint simply rebuilds itself within a few months, the way it always has. So here is how the map connects to the rest of the work.

1 **Sit with it for one day.**

Do not rush to fix anything yet. Let yourself actually see it. Read your one-sentence repeat out loud a few times. Notice where it has been running your life without your permission.

2 **Take it into the main guide.**

The full Generational Blueprint guide walks you through the three stages — Reveal, Break, Rewrite. You have just completed Reveal. The map is the raw material for everything that follows.

3 **Watch for it this week.**

Now that you can name your repeat, you will start to catch it happening in real time — the money decision, the silence, the old reaction. Catching it is the first crack in the pattern.

4 **Start the 30-Day plan.**

Bonus Two gives you one belief, one habit, and one prayer for each of the next thirty days — the window when the old Blueprint fights hardest to rebuild itself. Begin it once you have drawn your map.

Do not skip the rewrite. This is the step almost everyone misses. Breaking the old pattern leaves an empty space, and an empty space refills. You have to deliberately write the new instruction — the new belief, the new money rule, the new way you handle a problem — so that what your children absorb from you is something you chose, not something you inherited by accident.

BEFORE YOU PUT THE PEN DOWN

Look at the sheet in front of you. An hour ago it was blank. Now it holds three generations of your family, laid out where you can finally see them.

Your grandfather never saw this page. Your father never saw it. Nobody in your line has ever turned it over and read what was written on it — which is exactly why the same thing kept happening, generation after generation, in different faces.

You are the first.

*Different faces.
Same Blueprint.
Same ending.
Until somebody rewrites it.*

That somebody is you. Not because you are stronger than the people who came before you. Only because you finally looked.

Keep this map. Date it. When you have worked through the full guide and begun to rewrite your Blueprint, come back to this page in a few months and read it again. You will be reading it as a different person — one who can see the drawing, and has started, for the first time in three generations, to change it.

So sign it. Not as a formality — as a decision. Write your name and today's date, and let it mean what it says: that the cycle you drew on that page stops being inherited by accident, and starts being answered on purpose, from this day.

The pattern I drew on my map ends with me. I am choosing to rewrite it.

SIGNED

DATE

"...redeemed from the empty way of life handed down to you from your ancestors."

