Sikhs are a very visible and successful minority ethnic group in Britain but research which analyses and documents their experience is limited. This study led by a female researcher who shares the trajectories of families who came to settle in Britain in the 1960s provides a bilingual, bicultural analysis of the experiences and perspectives of three generations of Sikh families. The research focuses on two main questions, firstly, how Sikh families developed and changed their social and economic position in Britain over three generations, since they arrived as economic migrants in the 1960s. Secondly, how each generation has deployed different forms of capital (economic, social, cultural, religious, aspirational) to support members of their own and other families to achieve economic, educational and occupational success. The main methods used for data gathering are narrative life history interviews with a purposive sample of twenty one families from the Midlands in England and participant observations of family and community events from an insider perspective. Secondary quantitative data, such as census data, is used to provide the wider context for the study and show the position of Sikhs in countries and regions in the UK to demonstrate that the families chosen for in-depth interviews are not atypical This paper reports on findings from the early stages of data collection and maps the trajectories and occupations of three generations of two families, one which has achieved economic and material prosperity by following a business route and the other an education route.