



Leaving Your Legacy

Your Current Legacy

Imagine that you've just left this life and world with no thought or preparation.

Free from your body, you visit several people who have been a part of your life—some are people with whom you have close relationships and others are not as close to you.

Ponder what they might reflect on when they hear about your passing. What would be the sum of their knowledge, thoughts, feelings, and experiences of you and your contributions to your work, relationships, community, etc?

How do you think these people would describe the type of person you were? Be as honest as possible in your assessment.

The Legacy You Want

Now, imagine you are attending your own funeral after a long and prosperous life. Think about the stories, comments, or sentiments you would want to hear from the people you know.

Try to see yourself from the lens of your significant other, your children, your best friend, your neighbor, your cousin, a coworker, or somebody you didn't know well but for whom you somehow made a difference in his or her life. If your life was full of flow, what would they say about it?

Your personal legacy is what you leave behind in life.

1. Your Current Legacy

DIRECTIONS: Choose at least five people in your life and, in the boxes below, write what you think each person would say about you today.

Who: _____

Who: _____

Who: _____

Who: _____

Who: _____

2. The Legacy You Want

DIRECTIONS: Choose at least five people in your life and, in the boxes below, write what you think each person would say about you.

Who: _____

Who: _____

Who: _____

Who: _____

Who: _____