

Your Story, Your Legacy: A Guide to Reflection and Writing

Leaving a legacy does not necessarily require writing a book. Some of the most meaningful legacies are created through stories, memories, values, and experiences shared with others. The following guide includes ideas that may help you begin reflecting on your own life and the legacy you would like to leave for future generations.

Getting Started

You do not need to write perfectly or write everything at once. You can begin with a single memory, a family story, a letter, or a brief reflection. Every life contains experiences, wisdom, and stories worth preserving.

Writing and Storytelling

- ☐ Keep a personal journal or diary.
- ☐ Write a memoir or life story.
- ☐ Record significant life events and turning points.
- ☐ Write letters to children, grandchildren, or future generations.
- ☐ Document family stories, traditions, and memories.
- ☐ Create a family history or family tree.

Sharing Wisdom and Values

- ☐ Write about the values that have guided your life.
- ☐ Record important lessons you have learned.
- ☐ Describe the people who influenced you most and why.
- ☐ Write about challenges you have overcome and what they taught you.
- ☐ Reflect on the beliefs and principles that have shaped your decisions.

Preserving Memories

- ☐ Create a photo album with captions and personal stories.
- ☐ Record audio or video memories.
- ☐ Create a memory box containing meaningful objects and their stories.
- ☐ Write down favourite family recipes and the memories associated with them.
- ☐ Document important family celebrations, traditions, and milestones.

Reflection and Meaning

- ☐ Reflect on what has given your life meaning and purpose.
- ☐ Write about experiences of love, loss, joy, and resilience.
- ☐ Consider what you hope others will remember about you.
- ☐ Reflect on the happiest and most challenging periods of your life.
- ☐ Ask yourself: “What story do I most want to leave behind?”

Remember:

“To be a person is to have a story to tell”.

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