

Leaving a Legacy: Preserving Your Stories and Wisdom for the Next Generations

1. Ancestors - connecting to our past
What can WE leave behind for future generations?

2. Legacy: To pass something of yourself onto the next generations.
Why leave a legacy?
 - * Benefits for the person
 - * Benefits for the family

3. Common roadblocks (and how to move past them)
 - * Overwhelmed with scope of project
 - * Concerns about writing/speaking skills
 - * 'Nothing interesting to say'
 - * Sensitive topics
 - * Life - time and energy

4. Possible directions to go
 - * Legacy Letter - 'a love letter to your family/friends'
 - * Legacy Book - writing focusing on legacy questions rather than facts and stories
 - * Legacy Video - preserves voice, laughter, accent, emotions, expressions
 - * Memoir Writing - writing down stories from your life (can organize chronologically or by themes)
 - * Photo Memory Book - telling stories combining text and photos
 - * Any other way that shares a piece of yourself (poetry, artwork, recipe books, family keepsakes, collections of quotes, etc)

Always remember.....Something is better than nothing!

Lifetime Connections
Karen Crowe, LMSW
585 764-2501
Email: lifetimeconnectionsroc@gmail.com
Website: lifetimeconnectionsroc.com

Examples of Legacy Questions - Values and Wisdom

What are some philosophies you have tried to live by?

What lessons have you learned?

What is your favorite quality about yourself? Is there anything about yourself that you wish you could change?

What are you most proud of in your life?

What are you most grateful for?

Who do you admire and why?

What role has your faith played in your life?

What was the biggest challenge you had to face?

How have you handled life's challenges?

What was the happiest time of your life?

Who are some people who had the greatest influence on you?

Did you feel content with your chosen work life? Did you ever wish you went in a different direction?

Do you have any favorite inspirational quotes you want to share?

Do you have any regrets?

Any words of wisdom to pass along to your grandchildren?

What do you want your family to know about you?

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