

Legacy Project

Every day, through your actions, relationships, and decisions, you create a ripple effect that touches the lives of others. Your legacy is not something reserved for the end of life; it's the ongoing story of your contributions to the world.

This exercise invites you to reflect on the key moments, relationships, and achievements that have shaped your life so far. By exploring these, you will see how your values and strengths have guided you, and you'll gain clarity on the impact you want to continue making in the future.

Step 1: Reflect on significant achievements

Reflecting on achievements builds self-awareness and highlights your values. It sets the stage for understanding the unique contributions you've already made.

Begin by reflecting on *three* moments of personal or professional pride. These might include career milestones, acts of kindness, overcoming challenges, or nurturing relationships.

Write about each:

- What happened?
- Why is this moment significant to you?
- What strengths, values, or decisions helped you achieve it?

Example: "I worked hard to create a community program that supports young artists. It matters to me because it aligns with my values of creativity and mentorship."

Achievement #1:	
Achievement #2:	
Achievement #3:	

Step 2: Explore your ripple effect

For each achievement, consider the impact on others. Recognizing the ripple effect of your actions reinforces the significance of your contributions and deepens your sense of purpose.

Write a few sentences for each, focusing on the emotional or practical ripple effects.

Example: "The community program allowed dozens of young artists to gain confidence and share their work. Their parents expressed gratitude, and the local community felt more connected through the arts."

Who benefited from your actions? What changes did your actions inspire?

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Step 3: Celebrate key relationships

Strong relationships are central to legacy. This step highlights the interconnectedness of your life and deepens appreciation for your impact on others.

Identify *three* important relationships in your life. Reflect on how these relationships have shaped your life and how you have contributed to theirs.

What are three important relationships in your life?

1.	
2.	
3.	

What have you learned from these relationships?

How have you supported, inspired, or uplifted these people?

Step 4: Identify your core values

Values anchor your legacy and guide future actions. Identifying them ensures your legacy reflects authenticity and purpose.

Look for patterns in your achievements and relationships. What values consistently emerge (e.g., compassion, perseverance, creativity)?

Write down *three* to *five* core values that reflect your legacy. Examples of values include honesty, kindness, respect, loyalty, and responsibility.

1.	
2.	
3.	
4.	
5.	

Step 5: Compose your legacy statement

Synthesize your reflections into a short Legacy Statement. This step can provide clarity and direction, helping you articulate your desired impact.

Example: "I want to be remembered as someone who nurtured creativity, inspired resilience, and supported others in achieving their dreams."

What is your legacy statement?

Step 6: Plan for future contributions

Reflect on how you can actively build your legacy. This involves identifying concrete steps you can take to align your actions with your values and contribute meaningfully to the world.

Think about projects, habits, or daily actions that reflect your core values and amplify your impact on others.

How can you align your daily actions with your core values? For example, if kindness is one of your values, consider incorporating acts of kindness into your routine.

What specific goals or projects can you pursue? Think about efforts that resonate with your vision for the future, such as mentoring, volunteering, or creating something tangible (like a book, blog, or community program).

How can you prioritize these contributions in your life? Evaluate what changes you need to make to dedicate time and energy to these actions.

Write down three specific actions you will take to begin building on your legacy starting this month.

1.	
2.	
3.	

Step 7: Reflection

- What did you learn about yourself through this process? Did you uncover strengths, values, or impacts that you hadn't fully appreciated before?
- What excites you about the legacy you're building? Think about how it aligns with your passions and gives you a sense of purpose.
- What challenges or barriers do you foresee? Are there practical obstacles like time or resources, or emotional barriers like fear of judgment or self-doubt?
- How might you address these challenges? Explore solutions, such as seeking support, creating a timeline, or starting small to build confidence.