



Legacy

What family stories do remember that shape your family identity?

What did you learn from your ancestor's behavior?

What am I going to hold on to?

What am I going to reject?

Part 1: Inherited Legacy:

Gather Family Photos: think of their stories told to you

Ask yourself: What is the legacy this family group passed down to me?

Part 2: Spiritual Legacy

Who's teaching are you carrying forward?

What written or oral teachings do I carry?

How am I bringing these teaching forward?

Which teacher is central for me and closest to my own heart?

Phrases for Core Beliefs to Remember

e.g., from Christ, Buddha, other author

Who are your three most impactful teachers:

Teacher	Most Important Message
1.	
2.	
3.	

Are you passing on and sharing your legacy the way you want to?

My True Legacy is:

What is most important about my true legacy?

How will I capture and express it for future generations?