





Write your LEGACY story



Intent and Purpose: Being the storyteller of our lives helps us witness our choices and circumstances more objectively. This activity is to celebrate what is fundamentally good in you and acknowledge that even your not-so-good choices might have been opportunities to learn.



How would you like to be remembered? What will you be remembered for, what is your legacy?



Here is a chance to zoom out and look into your life to write a story about your legacy. Remember, every story matters!

While you reflect on your learning, experiences and values, you could share them in the form of a memoir. What different paths did you follow? What were the challenges you met, the choices that seemed best at that moment you made them, the people you met? What would you like to be remembered for?

When you start writing, engage your feelings and senses.

Looking back might help us move forward.

Note: How did it feel to write this?