

# Your Legacy



## Introduction

A good way to ensure the success of an endeavour is to *begin with the end on mind*. This principle applies to life as well – to make sure your life is the successful and fulfilling in the ways that really matter to you, it can be helpful to consider how you want to feel at the end of it. What’s the legacy you want to leave behind?

If you ever want to see examples of the legacies people have left behind, visit your local cemetery. You’ll be hard pressed to find a gravestone that says: “Great business-person, made loads of money, perfect abs”. What will you see...

## Instructions

- Set aside 20 minutes to complete this exercise
- You will need a quiet, private space
- Make sure you won’t be distracted by anyone & turn off all notifications
- Write down 20 points – it doesn’t matter how long they are - don’t overthink your answers, initial reactions are best

## Exercise: Finding your legacy

Imagine that it’s your 80th birthday party and your family, friends, and others who know you are standing up one at a time and speaking about who you are, what you’ve accomplished, what you stand for, and what you mean to them. This is your legacy. This is really about how you want to be remembered long after you’ve gone. What would you want them to say?

Answers:

1.

## Reflection

Write a few sentences about how this makes you feel, what realisations it gives you, and what you think people would say if you carried on living how you are now.