



REFLECTION QUESTIONS

- What comes to mind when you hear the word "legacy"?
- What might "intentional living" look like for you in this season of life?
- What are the barriers to living intentionally? (time constraints, physical health, etc.)
- What are the legacies of others that you are inspired by?
- What attainable goals do you have for yourself? For your family?
- In light of intentional living, what does inviting grace look like for you in this season of life?



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CULTIVATING LEGACY

RESOURCES & REFLECTIVE GUIDES

The idea of "building a legacy" can be complex, mixed up in the layers of a diagnosis, grief, loss, and the sweetness of life lived. Simply put, legacy is intentional living.

There are tangible legacies (college fund, family heirloom, pictures, etc.), and there are intangible legacies (family values, traditions, memories, etc.). Though the concept of building a legacy can feel perhaps daunting, starting with just one small action of intentional living is all it takes.

This can be as simple as a special "inside joke" with a child that you write down, or it can be as involved as writing a letter for every future milestone for a loved one or child.

It is important for the legacy you choose to cultivate to reflect who you are, your values, and your families' needs. Creating an intentional legacy could feel like a mentally, emotionally, and physically daunting task depending on the season of life you are in, yet it might just be the space you need to allow for beauty, healing, connection, and growth in the midst of loss, grief, and suffering.



REFLECTION QUESTIONS

- Name the priorities that you want to become a more intentional focus?
- Looking back in order to look forward: In the last month, what have been some "attainable wins" you have experienced?
- Who is on your team that you can share these goals with?

PLANTING SEEDS

Cultivating a legacy goes beyond the "big" intentional acts we might think of (like recording a Legacy Video, writing letters, or family traditions). Instead, we can cultivate a legacy even through the small things of day-to-day life.

What seeds are we planting today that can bear fruit in later seasons?

Use this handout to create habits you would like to be intentional about in planting seeds today to cultivate a legacy for tomorrow. Start small with maybe just one or two priorities and one or two goals.

		MY PRIORITIES FOR ...				
		MY TIME What & How I Spend It	MY RELATIONSHIPS What I Do with Those I Love	MY SELF-CARE Filling My Own Bucket	MY STEWARDSHIP Managing my Financial Resources	MY GIFTS Ways to Bless Others
MEASUREABLE, SMART GOALS	Daily					
	Weekly					
	Monthly					
	Quarterly					
	Annually					



REFLECTION QUESTIONS

- Thinking about your narrative: Think about the ongoing, common thoughts you have each day. Where is there repetition? That can oftentimes help us identify a common narrative.
- What evidence do you typically find to support your narrative?
- What are ways you can re-frame your narrative? What would be a shift that would invite greater hope and grace today?



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THE LENS THROUGH WHICH WE LOOK

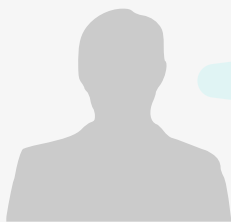
If you were to walk into a stadium filled with people and were told to look only for the people wearing yellow, chances are you would especially notice the yellow. In fact, it might be all you notice.

The same can be true for our own personal narrative. When we face seasons of stress, oftentimes that can be the only thing we notice and pick up on and can impact our intentional living.

What narrative are you looking through? Use this exercise to help you think through what could be shaping/influencing your perspective today.

What is your narrative?

(always, should, never, etc.)



You

Ex: I never have enough time in my day.

Supportive Evidence

(what you choose to see)

- All I see is everything that ISN'T done (dishes, laundry, etc.)
- I constantly feel negative and overwhelmed

REFRAME the narrative

(with truth and grace)



You

Ex: I have been given the amount of hours I have and it is enough.

What is your narrative?

(always, should, never, etc.)

- I focus on what I DID get done today/what is in my control.
- I have grace for the to-do list



REFLECTION QUESTIONS

- What "can't" are you especially grieving today?
- How are you seeing growth through the "can't" or "cans"?
- What is one practical way you can live out a "I can" today/this week?



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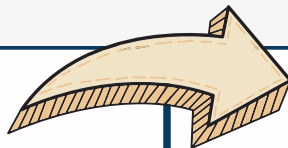
FAMILY EXERCISE: I CAN'T... BUT I CAN...

Life can feel especially unfair. Suffering can feel crushing. The list of "I can't" can feel overwhelming.

When you consider intentional living, it is important to acknowledge what feels unfair, taken, or the "can't". AND, after validating the loss, also acknowledge what you CAN do (you can't change circumstances, but you do still have choices).

Work through this exercise on your own or as a family. Consider even making your own "can't but can" cards with your children or drawing pictures for the younger ones.

I CAN'T ...



BUT I (STILL) CAN ...

FREE LEGACY RESOURCES

Inheritance of Hope believes that every family deserves a legacy. In addition to this workbook, we also have other ways to empower you in your legacy.

Legacy Intentions Printout:

A one-page PDF of practical ideas to help you build your legacy and live intentionally with your family.

Visit our Hope@Home™ app or visit www.inspirehopeathome.org-Resources > "Legacy" > "Legacy Intentions Ideas".

Record a Legacy Video

Anyone can make a legacy video. Everyone should make a legacy video.

Simply request to make a free Legacy Video and a Legacy Coach will be in touch to setup a time that best suits your schedule to record your Legacy Video online, anywhere, for free.

Your Legacy Coach will walk you through sharing parts of your story to be recorded and created into a meaningful keepsake. Any person can record a Legacy Video and we invite you to share your stories with your loved ones.

Visit <http://legacyvideobyrequest.org>