

Our final lesson is all about creating our legacy.

This legacy is going to be targeted towards your future self. It will include things in your life that you want to be remembered as, what you want to accomplish, what you want to embody and who you want to be. It can also include key things that you have learned that you want others to know and hard lessons and key moments in your life.

Writing a legacy letter about yourself is tough, so, in saying that, here are a few tips to help you along in writing your legacy.

1.) The toughest part about writing is the blank page, and how to begin. Start small. Ask yourself why are you writing a Legacy Letter and to whom. What do you hope to accomplish? Your answer will help you write your first sentence. For example, "I am writing this Legacy Letter to all of you to let you know more about my life, what is important to me, and wishes for your future."

2.) Procrastination is a big obstacle to completing your letter and is something we might put off as it is difficult to write. Make an appointment with yourself and make it a priority. Put it on your "to-do" list and give yourself a deadline, and honour that deadline.

3.) There are different ways to organize your Legacy Letter. Some prefer creating an outline. Others prefer process writing, where you

"Every day, we are leaving creating our legacy....make it count!"

sit down and write, and see what appears on the page. If you feel more comfortable with a structured approach, you can create lists and then flesh the lists out i.e. three things I want you to remember, or the five things I learned the hard way. Others prefer creating a timeline of significant events and people in their lives. Some people organize material into past, present and future.

4.) After you draft your letter, read it through to make sure it is positive, not negative; that it is instructive and constructive, not destructive. Ask a trusted friend to review it too, and provide feedback.

5.) Expect this process to stimulate strong emotions, tears, as well as new insights, clarity, connections, patterns and perspectives. Keep a box of tissues handy.

6.) You do not need to be a great writer, thinker or adventuresome to craft an amazing Legacy Letter. Everyone has something important to share. Even expressions of gratitude, or what you admire about your loved one will be treasured forever.

7.) Above all, let who you are, and what matters most to you shine through every word you select, every sentence you craft and every letter you complete.

"We will be known forever by the tracks we leave!"

Handwriting practice area consisting of 25 horizontal dashed lines on a white background.

"You get to decide what legacy you leave!"

