

Leaving A Spiritual Legacy

A Spiritual Legacy

A spiritual legacy is a story of one's life that is passed on as a blessing to others. Spiritual legacies preserve wisdom, understandings, yearnings, hopes, dreams, and experiences so they can inspire and sustain loved ones. A spiritual legacy can take many forms including a written story, letter or a video.

There are no "rules" to writing a spiritual legacy but to help you consider what you might like to do, here are some prompts you could write about. Pick one or some or many of them and then write your responses, dictate them into a recorder or have yourself filmed. When you are done, compile your responses and leave them with your will.

Prompts:

- I hope people will say that I...
- I want my life to show...
- I always tried to...
- What I value most is...
- I hope you always remember...
- My greatest disappointment is...
- My greatest joy is...
- You may not know that I...

You could also decide to write a letter to one person or to many people. Your letter might begin like this:

Dear _____,

I would like to share some things with you that mean a lot to me. I hope what I write will be helpful to you...

My Dearest Grandchildren,

I leave this letter for you because I have important things to tell you...

Another option is to complete the sentences and tear off the next page.

A Spiritual Legacy is a wonderful and lasting gift for the people you love.

Dear

I love you and want to share with you some memories that are very important to me.

Important dates and details of my life...

When I was a child...

As an adult, I tried...

My greatest joy...

My greatest pain...

My faith...

I hope you always remember...

I leave this as a final blessing to you.

Date