



ENLIGHTEN EXERCISE #50

My Legacy

A *legacy* is the gift you give to those who follow you or you leave behind. To write a description of our legacy isn't the same as writing your obituary—it is a description of what you do or can try to do each day that represents your acts and behaviors that leave gifts for your family, friends, organization and/or world.

Legacy Exercise

Step 1

Think of a milestone event you will experience in the next 10 years (e.g., birthday, work or relationship anniversary, launch of new product, service or venture you have been involved in).

Step 2

Plan and write out the speech you will make at this celebration summarizing your successes, failures and contributions you have made.

Hint: Write in the first person (“I did this”), put yourself temporarily in the future as you write out your speech, describe your contributions in a way that have fulfilled your dreams and don't hold back on dreaming what may not seem possible right now.