

Legacy Letter Writing Activity Worksheet

Purpose

Reflect on your values, experiences and hopes for the future. This activity helps you express the **legacy you want to leave** financially, emotionally and intellectually while building self-awareness and intention.

Materials Needed

-  Paper or notebook
-  Pen or pencil
-  Optional: envelope
-  Quiet, comfortable space
-  Optional: calming music

Step 1: Introduction (5 minutes)

What is a legacy? The lessons, values and guidance you leave behind for others.

Your letter can be written to: - A child or grandchild, a mentee or friend. Someone important in your life
Yourself (present or future)

Step 2: Reflection (10 - 15 minutes)

Take a moment to think deeply about the following:

Guiding Questions

- ☐ What values do I want to pass on?
- ☐ What life lessons shaped me the most?
- ☐ What advice would I give someone I care about?
- ☐ What moments or achievements am I most proud of?

Notes Space

Step 3: Write Your Letter (20 - 30 minutes)

Let your thoughts flow — there's no right or wrong way to write this.

Starter Prompts

- “Dear [Name], here’s what I hope you know about me...”
- “I want you to remember these lessons about life...”
- “If I could leave you one piece of guidance...”

Your Letter

Step 4: Optional Sharing (10 - 15 minutes)

Share with a partner or small group if you feel comfortable.

Reflection Questions

- ☐ How did it feel to write this?
- ☐ Did anything surprise you?
- ☐ How might this shape your future actions?

Reflection Notes

Step 5: Closing (5 minutes)

- Keep your letter safe 
- Seal it for the future 
- Or share it with your chosen person 

 **Remember:** Your legacy is not just what you write — it's what you live every day.

Optional Extension

Set a reminder to revisit your letter in **6–12 months**.

☐ Have my actions aligned with my values?

☐ What would I change or add?

Final Thought

Your story, your lessons and your values matter. This letter is a powerful step in shaping the legacy you leave behind.