

Activity Worksheet: “One Lesson I’d Teach My Granddaughter”

Purpose

To help you identify and express the **wisdom, values and life lessons** you most want to pass on to the next generation. This activity builds self-awareness and highlights the legacy you leave beyond material wealth.

Materials Needed

-  Paper or notebook
-  Pen or pencil
-  Quiet, comfortable space
-  Optional: sticky notes or index cards

Step 1: Introduction (5 minutes)

Take a moment to reflect:

What is the most important life lesson you would pass on to a granddaughter or any young woman in your life?

This could be: - A granddaughter

- A niece or mentee

- A younger version of yourself

- Any young woman you care about 

Step 2: Guided Reflection (10 minutes)

Consider the questions below:

Guiding Questions

- ☐ If I could give one piece of advice that could truly change a life, what would it be?
- ☐ What lessons have shaped me about resilience, money, relationships, or confidence?
- ☐ What mistakes or challenges do I hope she can avoid or navigate more easily than I did?
- ☐ Which values matter most for her to carry forward?

Notes Space

Step 3: Write Your Reflection (15–20 minutes)

Write your message as a personal lesson.

Focus on honesty and meaning rather than structure.

Starter Prompts

- “Dear [Granddaughter], the one lesson I hope you carry with you is...”
- “If I could share one secret about life I’ve learned, it would be...”

 Tip: Use **real experiences or stories** to make your message meaningful.

Your Reflection

Step 4: Optional Sharing & Discussion (10–15 minutes)

Share your lesson with others if you feel comfortable.

Reflection Questions

- ☐ How did it feel to choose just one lesson?
- ☐ Did you discover anything new about your values?
- ☐ How might this lesson influence your choices or priorities today?

Notes

Step 5: Closing Reflection (5 minutes)

- Your wisdom is part of a **living legacy** 
- It continues through your actions, relationships, and guidance

You may choose to:

- Keep your reflection 📦
- Share it with a young woman in your life 💖
- Use it to guide your future decisions

🌟 Final Thought

One meaningful lesson can shape a life. What you pass on matters.