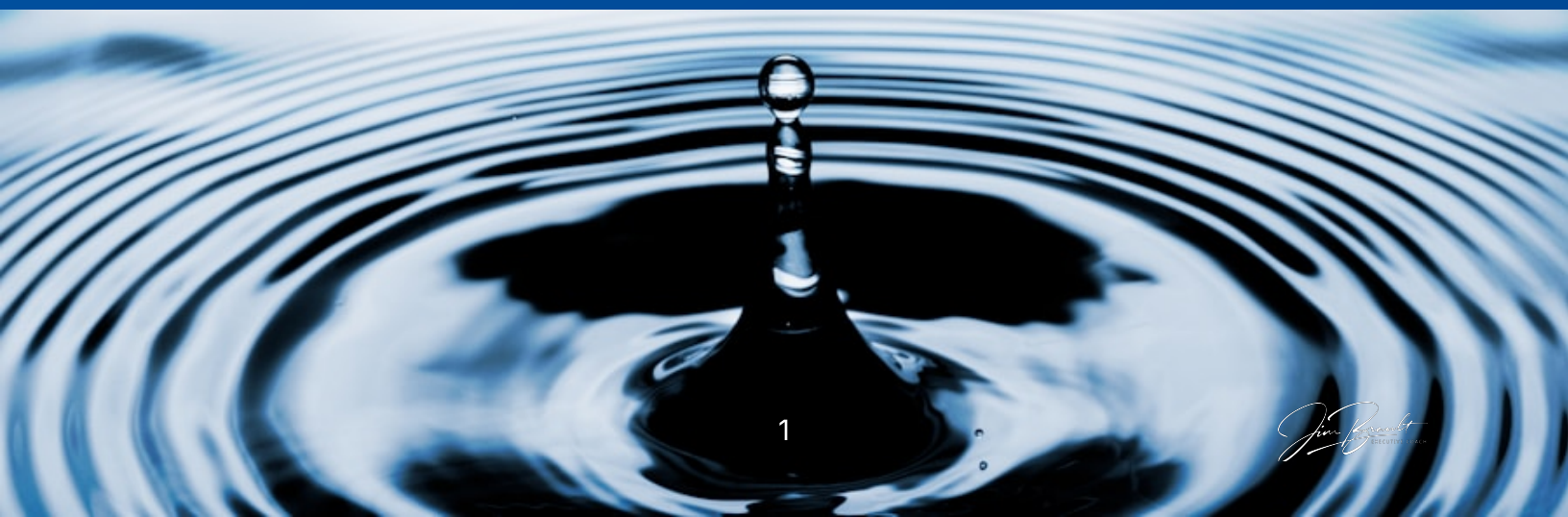


LEGACY BLUEPRINT: Living and Leaving Your Mark

*A Guided Workbook for Personal,
Professional, and Community
Legacy*



A photograph of four people standing on a grassy hill, looking out over a vast landscape at sunset. The sun is low on the horizon, creating a warm, golden glow and long shadows. The four individuals are standing close together, with their arms around each other's shoulders, suggesting a sense of unity and shared experience. The person on the far left is a woman with long dark hair, wearing a light blue shirt and dark pants. The second person from the left is a man with short hair, wearing a light-colored shirt and shorts. The third person is a man with short hair, wearing a white t-shirt and dark shorts. The person on the far right is a man with short hair, wearing a light-colored shirt with a graphic design and dark shorts. The overall mood is peaceful and contemplative.

Welcome

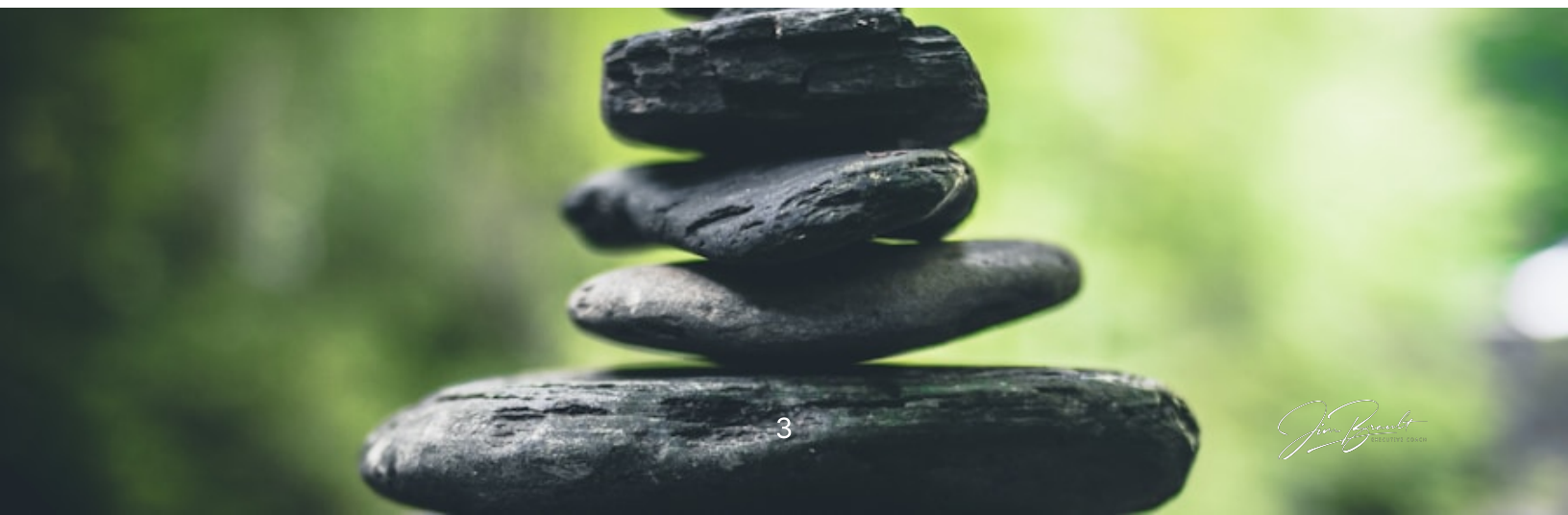
"Legacy is not leaving something behind for other people. It's leaving something behind in other people." ~ Peter Strople

This workbook is a guided experience to help you explore and align your beliefs, values, and actions so you can live — and leave — a legacy that reflects your truest self.

A legacy is the impact one leaves on the world, through their actions, values, and the memories they create. It's not just about possessions or achievements, but the lasting impression on others and the stories they share.

While doing this work, allow yourself to be honest, curious, and kind with what you uncover.

This journey includes breathwork, visualization, reflection, and practical planning.



Estimated Completion Time:

60-90 minutes

Tools Needed: Pen, paper, tablet or journal, quiet space, and openness.

How to Use This Workbook

This workbook is divided into three guided phases:

01 Excavation
– Uncover beliefs and origin stories

02 Creation
– Align values and design your lived legacy

03 Activation
– Build your roadmap and begin today

Each phase includes:

- ✓ Breath or visualization practice
- ✓ Guided journaling prompt
- ✓ Practical tools for clarity and alignment



PHASE 1: EXCAVATION

Uncover Your Inner Compass

"Legacy is what people remember about you when you are gone." ~ Unknown

Breathwork: *"Clearing the Noise"*

Begin by quieting the noise, calming your mind, and creating space for your truest nature to shine through.

In this breathwork session, you are striving to calm your mind. Therefore, accent the exhale more than the inhale. You may want to choose one of the following protocols:

- 4:8 – breathe in to a count of 4 and out to a count of 8 with no pauses (circle breath)
- 4:8:8 – breathe in to a count of 4, out to a count of 8, and pause for a count of 8 (triangle breath)
- 4:4:6:6 – breathe in to a count of 4, pause for 4, exhale for 6, and pause for 6 (box breath)
- Deep breath in your own style

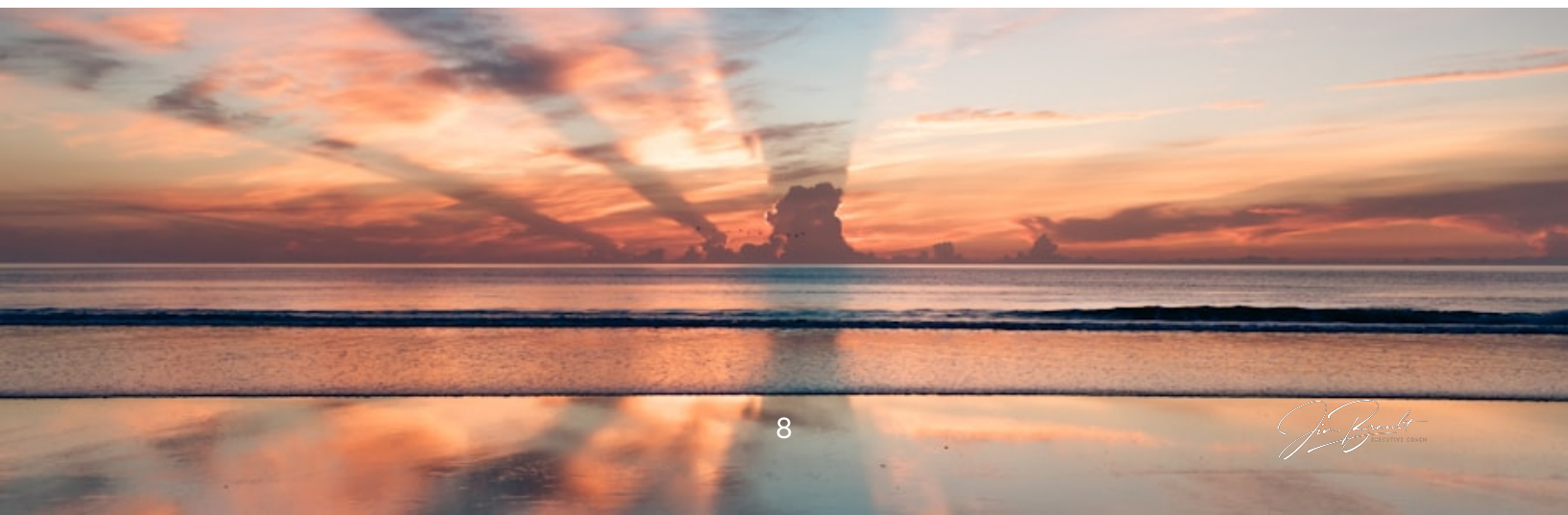
Whichever approach you choose, find a quiet place to sit or lie down comfortably.

Soften your gaze, and close your eyes if it feels safe for you to do so. If not, then see if you can close your eyelids down about $\frac{3}{4}$ of the way.

Breathe slowly and deeply for a period of 5 minutes or more.

Do your best to let go of thoughts, should, or tasks.

Once you have prepared yourself, progress to the reflection prompts.



Reflection Prompts:

-
- 01 What early messages did you receive about success, failure, and legacy? What was success for you? Failure? How was legacy discussed, if at all?**
-
- 02 Which of these beliefs or rules about success, failure and legacy still serve you today? Which might be outdated or limiting and need to change?**
-
- 03 Whose legacy has influenced you the most — and why?**
-

PHASE 2: CREATION

Design Your Lived Legacy

What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others. Pericles

Visualization: *“Meet Your Future Self”*

For this visualization, you can use the Mind Gym training session below, or follow the prompts.

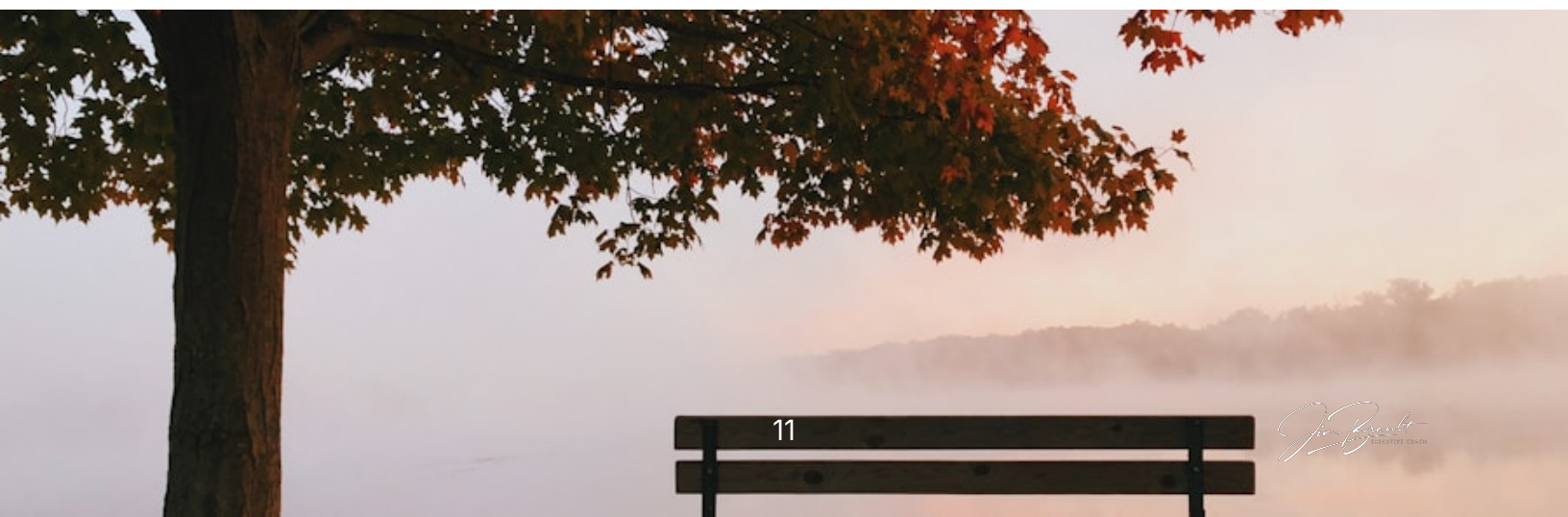
Your Future Self Mind Gym: <https://got-your-6-teammates.mn.co/posts/new-perspectives-your-future-self>

Prompts:

In a comfortable position, either seated or lying down, begin to enjoy taking nice deep breaths, at a pace and depth that is right for you.

And as you continue to breathe in and out, allow your mind to drift, perhaps to a meadow, or woods, or a clearing somewhere out in nature. You notice not too far ahead is a bench, and further in the distance someone walking towards you. There is something familiar about the person.

As you move forward, getting closer to that bench with each step, you notice that this other person is also getting closer and closer to the bench with each step.



And at some point, it dawns on you that the person walking towards you is a future you. You see aspects of you that are familiar, and things that are new, or rather old.

You finally meet up and greet each other, and both sit down on the bench. There, seated beside you with strength and kindness, is *you* — at 80 years old.

Notice how you look, how you carry yourself, the energy you give off.

Ask your future self:

"What mattered most to you in life?"

"What mattered least?"

"What shifts did you make?"

"What advice do you have for me right now?"

Values Clarity Exercise

Define your Top 5 Values in each constellation:

Personal (family, health, relationships)	Professional (work, leadership)	Community (service)

What value shows up in more than one column? What surprises you?

Alignment Audit: Delegate–Automate–Eliminate

Legacy is shaped not only by what you do — but also by what you *stop* doing.

List out current responsibilities and assess where your energy is well spent — and where it's leaking.



Activity	Energize Y/N	Deplete Y/N	Auto- mate	Dele- gate	Elimi- nate

Circle 2–3 areas where you can begin freeing energy to focus more fully on legacy-aligned actions.

For your current activities:

Which energize you and bring you joy?

Which deplete your energy?

Which get in the way of living and leaving a legacy? Of being the kind of person you want to be?

Legacy Statement

Craft a short, meaningful paragraph that captures your lived legacy:

"I want to be remembered as someone who..."

"My legacy is about..."

"I will live it by..."



Micro-actions

List 3 small but powerful actions you can take this week to begin living your legacy now:

- 1.
- 2.
- 3.

Integration

Jot down additional thoughts, insights, or connections.

Jim Brault | Executive Coach

Guiding high-performing leaders toward clarity, impact, and meaning.

jim@jimbrault.com | jimbrault.com

[Schedule time](#)

