

■ Last One Standing: Family Legacy Prompts & Mini Guide ■

Because stories don't live in photo albums — they live in us.

Every family has a story worth keeping. You don't have to wait until you're the last one standing to share the laughter, the lessons, and the love that shaped your family. Use this mini guide to capture what matters most — one memory, one story, one smile at a time.

■ Remember the Roots

- Who in your family taught you the most about love?
- What recipe or tradition brings everyone together?
- What's a saying or quote that feels like 'home'?

■ Keep the Laughter Alive

- What's a funny story your family still tells?
- Who had the best one-liners or the wildest dance moves?
- What moment would make your loved ones laugh all over again?

■ Lessons & Legacy

- What's a lesson your parents or grandparents left you?
- What do you want your children or grandkids to remember most about you?
- If you were the last one standing, what message would you want to pass down?

■■ Sherapy Tip: Keep the Flame Alive

- Record a family story night — even on your phone.
- Create a small 'family recipe' book.
- Write a yearly letter to the next generation.

■ From Sherapy with Sheri Todd — Because family is everything, and grace keeps the love alive.