

YOUR FAMILY LEGACY WORKBOOK

A place to preserve the stories, values, lessons, hopes, and words you want to carry forward.

Your legacy is more than possessions.

It lives in the stories people repeat, the values they practice, the lessons they carry, the love they remember, and the opportunities you help create for those who come after you.

HEALTH THERAPIES LIFESTYLE

Building Healthier Lives, Stronger Families, and Lasting Legacies.

This workbook belongs to:

Date started:

HOW TO USE THIS WORKBOOK

There is no right way to complete these pages. Write a little at a time, invite family members into the conversation, add names and dates when you know them, and leave space for stories that return to you later. The goal is not perfection. The goal is preservation.

Consider completing it in your own handwriting. Your words - and even your handwriting - can become part of the legacy itself.

A LEGACY TO PRESERVE

“A legacy is not simply what we leave behind. It is what we build into the lives of those who come after us.”

Why is creating a family legacy important to me?

Who do I hope will read this one day?

1. WHERE WE COME FROM

Every family has a beginning made of places, people, journeys, sacrifices, celebrations, and turning points.

The places, countries, towns, or communities our family comes from:

The names of parents, grandparents, elders, ancestors, or other relatives whose stories should be remembered:

What I know about how our family came to be where we are today:

2. OUR FAMILY STORY

Capture the stories that might otherwise disappear when one generation is no longer here to tell them.

One of the earliest family stories I remember hearing:

A difficult chapter our family survived - and what it taught us:

A moment of joy, achievement, migration, reunion, or change that shaped our family:

3. THE PEOPLE WHO SHAPED ME

A person whose love or example changed my life, and why:

Someone who taught me strength, courage, compassion, discipline, faith, or perseverance:

Someone I wish future generations could have known:

4. OUR VALUES

Values become a legacy when they are lived repeatedly and passed intentionally from one generation to the next.

Value	What this means in our family
Compassion	
Family	
Integrity	
Education	
Health	
Service	
Faith / Spirituality	
Courage	
Community	
Stewardship	
Other	

The three values I most want future generations to protect are:

5. TRADITIONS WORTH KEEPING

Family celebrations, foods, recipes, music, sayings, holidays, gatherings, or rituals I want preserved:

A tradition I hope future generations will continue:

A new tradition I would like our family to begin:

6. LESSONS LIFE TAUGHT ME

Some of the most valuable inheritance we can offer is wisdom earned through experience.

What I learned about love and relationships:

What I learned about work, money, and responsibility:

What I learned from failure or disappointment:

What I learned about health and caring for myself:

7. WHAT I WISH I HAD KNOWN

Advice I would give my younger self:

Something I worried about that mattered far less than I thought:

Something I wish I had appreciated sooner:

A risk, opportunity, or dream I am glad I pursued - or wish I had:

8. FAMILY, LOVE & FORGIVENESS

What family means to me:

What I have learned about forgiveness:

Something I hope our family never allows pride, distance, or disagreement to destroy:

The people I want to thank, honor, or acknowledge:

9. HEALTH, WELLBEING & QUALITY OF LIFE

The habits or choices that have helped me live well:

What I hope younger generations understand about caring for their health:

What a meaningful, well-lived life means to me:

10. MY HOPES FOR THE NEXT GENERATION

For my children, grandchildren, family, or those who come after me, I hope:

I hope they have the courage to:

I hope they never forget:

If our family could make one positive difference in the world, I would want it to be:

11. WHAT I WANT MY FAMILY TO REMEMBER

When my family thinks of me, I hope they remember:

The qualities I hope I passed forward:

The story about my life that I most want preserved:

12. A LETTER TO THOSE WHO COME AFTER ME

Write freely. Imagine this page being opened years from now by someone who carries your family name, your values, your influence, or simply your love.

13. OUR FAMILY LEGACY PROMISE

We will remember where we came from.

We will care for one another with compassion and dignity.

We will value health, education, family, community, and opportunity.

We will learn from the generations before us while building something stronger for the generations ahead.

We will tell our stories, preserve what matters, and never underestimate the difference one life can make in another.

Signed:

Date:

THE LEGACY CONTINUES

The pages of this workbook may end here. Your family's story does not.

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It is what we build into the lives of those who come after us.”***

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Building Healthier Lives, Stronger Families, and Lasting Legacies.

Keep this workbook somewhere safe, tell your family where it is, and return to it as your story continues to grow.

This workbook is an educational and personal reflection resource. It is not a substitute for legal, estate-planning, financial, medical, or end-of-life documents or professional advice.