

## Legacy Reflection Worksheet

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*“Your legacy is every life you’ve touched.” – Maya Angelou*

Take your time to reflect on the following questions. Answer honestly and openly. There are no right or wrong answers—just your truth in this moment.

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**1. What does legacy mean to you? What do you want to leave behind—and how are you building it now?** Think beyond material things. *What values, stories, lessons, or contributions do you want to pass on to others?*

**2. Imagine your 90th birthday celebration.** Who is there, and what do you hope they say about the life you’ve lived? *Consider how your actions, character, and values shaped your relationships and contributions to the world.*

**3. If you knew you had exactly 2 years left to live, how would you spend your time, energy, and money differently?** *Reflect on priorities, passions, and the trade-offs you might make to live more meaningfully.*

**4. What’s one small but powerful action you could take this week to align your daily life more closely with your desired legacy?** *Altruistic acts, reaching out to someone, starting a new habit, or planning something meaningful all count.*

**5. Write your own obituary.** This may feel unusual, but writing your obituary can help you gain clarity about the kind of legacy you want to leave behind. *Include what mattered to you, how you impacted others, and what you hope people will remember most.*

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**Note:** *Working with an Integrative Coach can help you explore these questions more deeply, remove internal blocks, and take action toward living a life of inspiration and impact.*

**Schedule a call with Annelies Gentile, MA, PCC**

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