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STEPS TO A Legacy of Resilience Strength That Spans Generations

Building a legacy is about understanding where you come from to define where you're going. It's a journey of reflection, connection, and intentional action. Follow these five steps to start crafting a meaningful legacy that reflects your values and inspires others.

Your legacy starts now.

1. Identify Your Roots



List 2-3 individuals who represent resilience to you:

Think of ancestors, mentors, or role models who overcame great challenges.

These can be:

- Family members (known or unknown)
- Community leaders
- Teachers, coaches, or elders
- Even people whose stories you learned secondhand

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2. Document Their Struggles



Choose one person you listed, reflect on:

- What challenge did they face?
- What made it difficult?
- What helped them endure or adapt?

Who:

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What they faced:

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How they endured or adapted:

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3. Connect It to Your Story



- Where do you see their influence in your life?
- How have their experiences shaped how you respond to stress, failure, or uncertainty?

Write freely—there are no wrong answers:

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4. Define Your Legacy



- What values do you want others to feel when they're around you?
- What habits do you want to model consistently?

List the values and lessons you want to pass on:

Value I want to embody:

Habit I want to live by:

Lesson I want others to learn from me:

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5. Plan an Action



Legacy is built through small, consistent actions—not grand gestures.

This week, I will live my legacy by:

Action:

When I'll do it:

Who it impacts:

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What will you leave behind?

Resilience isn't just about what you survive. It's about what you pass forward - through how you live, lead, and respond.

Your legacy is already forming.

The question is whether you'll shape it intentionally.

