


# **10 Keys to**

*Live Your Legacy.  
Leave a Legacy.*

Masterclass and Workbook by  
**André Harris**



The background is a vibrant, abstract painting. The upper portion features a sky with swirling, textured clouds in shades of red, orange, yellow, and green. Below the sky, there's a horizontal band of lighter, more ethereal colors like light blue and white. The lower portion of the image shows a dark, layered landscape with deep blues, purples, and blacks, suggesting a canyon or a series of geological strata. The overall effect is one of dramatic, natural beauty.

*If you're going to live,  
leave a legacy.  
Make a mark on the world  
that can't be erased.*

**Maya Angelou**

## *Start With Intention*

### **Pre-Workshop Exercise**

Write down and set your positive intentions here. What are your intentions for joining this workshop? What do you hope to achieve and take away?



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*Set a goal worthy of your life. Imagine the very best you.  
Think big. Write it down. Start Today.*

**André Harris**

# Live Your Leave a Legacy

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## The Power of Your Legacy

Life doesn't have to be stressful, meaningless, and uninspiring. Knowing and Living Your Legacy provides direction, confidence and significance. It helps us prioritize where we spend our time, energy, talents and gifts. When you live your legacy, each day can become a joyful and meaningful expression of your true identity and authentic self.

### The Many Benefits of Living Your Legacy

**Here are a few of the treasures awaiting you as you open to your life purpose and Live Your Legacy...**

- You will have a personal roadmap for your life and legacy.
- Your life will become a joyful expression of your unique brilliance.
- You will be able to focus more, knowing where you are heading in life.
- You will be able to prioritize what is important and aligned with your legacy.
- You will manage your time, talents and resources better with an understanding of who you are and why you are here.
- You will deepen important relationships and find new relationships that support and align with your mission and values.
- You will be more resilient, knowing setbacks are learning opportunities not failures.
- You will find meaningful work that becomes a calling for something greater, including a greater you.

”

*You are magnificent! And you have an important role that only you can fulfill that will help to make our world a better place. Imagine it, Create it, Live it! Leave a Legacy.*

**André Harris**

## *Rules of Engagement*

- Be here, be present, fully engage.
- Embrace the idea that the more you give, the more you will receive.
- Be authentic. Keep it real.
- Be willing to be vulnerable and imperfect.
- Set your own limits.
- Circle of Trust. No sharing personal information outside of this group. Everything said in this workshop stays here.
- Share the stage. Be self-aware of your time on stage. Pass the baton.
- Let your Light shine and Let others shine.

## **Shifting Gears – You Time**

- Disconnect from technology and sources of speed.
- Be comfortable.
- Be honest with yourself. Speak your truth.
- Celebrate what's working in your life.
- Commit to learning and applying at least one thing that will significantly improve your life.
- Have fun!



*You* **get to**  
*decide,*  
*create,*  
**and** *manifest*  
**the** *legacy*  
**you leave.**

**André Harris**

## Defining Purpose

### Notes

### Objectives

- Understand the power of your Legacy.
- Begin with the end in mind.
- Visualize your future and the Legacy you want to create.
- Learn and practice the 10 Keys for Living Your Legacy.
- Draft your Legacy statement.
- Create an Action Plan for the next 21 days.

### Why is it important?

- Reveals your ultimate purpose in life.
- The most powerful tool for personal navigation throughout life.
- The single greatest driver of engagement.
- Provides directional coordinates for your time and energy investments.

Your Legacy is dynamic and will most likely change throughout your life. Knowing your Legacy as you see it in the present is central to successful navigation and course correction. Without purpose or clarity in your mission, the storms of life become overwhelming.

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*If you don't know where you are going, you'll end up some place else.*

**Yogi Berra**



## Plan Your Retirement Party

- What will people say about you at your retirement party? About your character and contributions?

- How did you impact their lives? The world around you?

- What are your greatest achievements?



# What Matters Most?

Complete this questionnaire to help you discover your Legacy.

1. Who and what matters most to you in life?

2. What are you good at and what are your strengths?

3. What motivates you?

4. What would you do if money were no object?

5. Who do you most admire from a historical perspective and why?

6. What are your deepest Values?

7. How would you define success in your Life?

8. If you could solve a world problem, what would it be?

9. What would your dream job be if you didn't "need" to work?

## 10 Keys to

# *Live Your Legacy, Leave a Legacy.*

1. Trust.
2. Be Quiet and Listen.
3. Find Your Spark.
4. Surround Yourself with Positive People.
5. Be the Change.
6. Turn Hurt into Healing.
7. Cultivate Awe and Altruism.
8. Be Grateful and Generous.
9. Share Your Light.
10. Go and Do.



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*The two most important days in your life are the day you were born and the day you find out why.*

**Mark Twain**

# 10 Keys to Live Your Legacy, Leave a Legacy.

**Notes**



## Trust.

- Trust that you really do have a higher purpose and a legacy to live and leave.
- Take a leap of faith.
- Ask for help.
- Look within for the answers.



## Be Quiet and Listen.

- Listen to your inner knowing or that still small voice.
- Do a little soul-searching.
- Get quiet and still. Meditate.
- Get out of your head and into your heart.



## Find Your Spark.

- Honor your passions and what you really love to do.
- Brainstorm how you can turn your passion into something meaningful to you.
- Move away from what exhausts and drains you.
- Say no to work, projects, activities and people that do not bring you joy.
- Redraw your boundaries.
- Find your light. Spark it. Ignite it. Let your light shine.

4

**Surround Yourself With Positive People.**

- You are the company you keep.
- Draw inspiration from others.
- Re-evaluate your inner circle.
- Remember, you are the average of the five people you spend the most time with.

5

**Be the Change.**

- Consider injustices that bother you.
- Find something more than a pet cause. Find your passion project.
- Take a stand.
- Think about where and how you can contribute your voice and influence.
- Donate your time, talents and resources to make a positive impact in the world.
- Be creative in how you can support and lead change.

6

**Turn Hurt Into Healing.**

- Our Legacy can be born out of pain and suffering, either our own experience or others' around us.
- Be a light for others.
- Ask: why did this happen for me, instead of why did this happen to me?
- Identify how you can channel the hurt and pain into healing.
- Share your light of hope.

Notes



### Cultivate Awe and Altruism.

- Lose yourself in the service of others.
- The experience of awe makes us feel connected to something larger than ourselves.
- Awe can provide the emotional foundation for a sense of purpose in creating your Legacy.
- Let go of ego and self.
- Find joy in service and human kindness.



### Be Grateful and Generous.

- Be Grateful and Generous.
- Count your blessings. Name them one by one, every day.
- Grateful children and adults are much more likely to try to contribute to the world beyond themselves.
- Be generous.
- Donate your time and resources to help others in the spirit of paying it forward.

### Notes



### Share Your Light.

- Articulate your Legacy. Write it down.
- Tell your story. Share it with someone. Or everyone.
- Commit to making a difference in the world every day.



### Go and Do.

- Start today. Don't wait for the perfect plan to get started.
- Keep it simple so you can feel some progress and satisfaction to keep going.
- Set goals.
- Mindfully select one action every day that will help you Live Your Legacy.
- Commit to honoring your legacy as best you can.
- Once you start taking inspired action, notice how it feels.
- Find an accountability partner, a community, your tribe.

### Notes

## Your Legacy Statement

Your Legacy statement is one unifying theme or idea that exemplifies your key goals in life for what you want to contribute and the impact you want to make. It's the specific way in which you engage with life that makes use of all that you are and draws on your unique experiences, talents, abilities and passions in a way that helps you achieve your highest goals and potential while being of service to others.

There's only two parts... so it's really **simple** to say out loud and to remember:

1

### Your Contribution (Cause or Service)

- To something greater than yourself.
- To evoke emotion in yourself and others.

2

### Your Impact

- On people, the environment, the world.
- On the greater good.

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*What lies before us and what lies behind us are  
tiny matters compared to what lies within us.*

**Ralph Waldo Emerson**



## Legacy Statement Examples.

*"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."*

**Maya Angelou, Poet and Civil Rights Activist**

*"To serve as a leader, live a balanced life, and apply ethical principles to make a significant difference."*

**Denise Morrison, CEO of Campbell Soup Company**

*"I define personal success as being consistent to my own personal mission statement: to love God and love others."*

**Joe Manby, CEO of Herschend Family Entertainment**

*"To be a teacher. And to be known for inspiring my students to be more than they thought they could be."*

**Oprah Winfrey, Founder of OWN, The Oprah Winfrey Network**

*"To have fun in [my] journey through life and learn from [my] mistakes."*

**Sir Richard Branson, Founder of The Virgin Group**

*"To use my gifts of intelligence, charisma, and serial optimism to cultivate the self-worth and net worth of women around the world."*

**Amanda Steinberg, Founder of Dailymillion.com**

*"I shall not fear anyone on Earth. I shall fear only God. I shall not bear ill will toward anyone. I shall not submit to injustice from anyone. I shall conquer untruth by truth. And in resisting untruth, I shall put up with all suffering."*

**Gandhi**

*"To bless the lives of others, one person at a time, one experience at a time so that I can be a positive change in the world."*

**André Hannemann Harris**

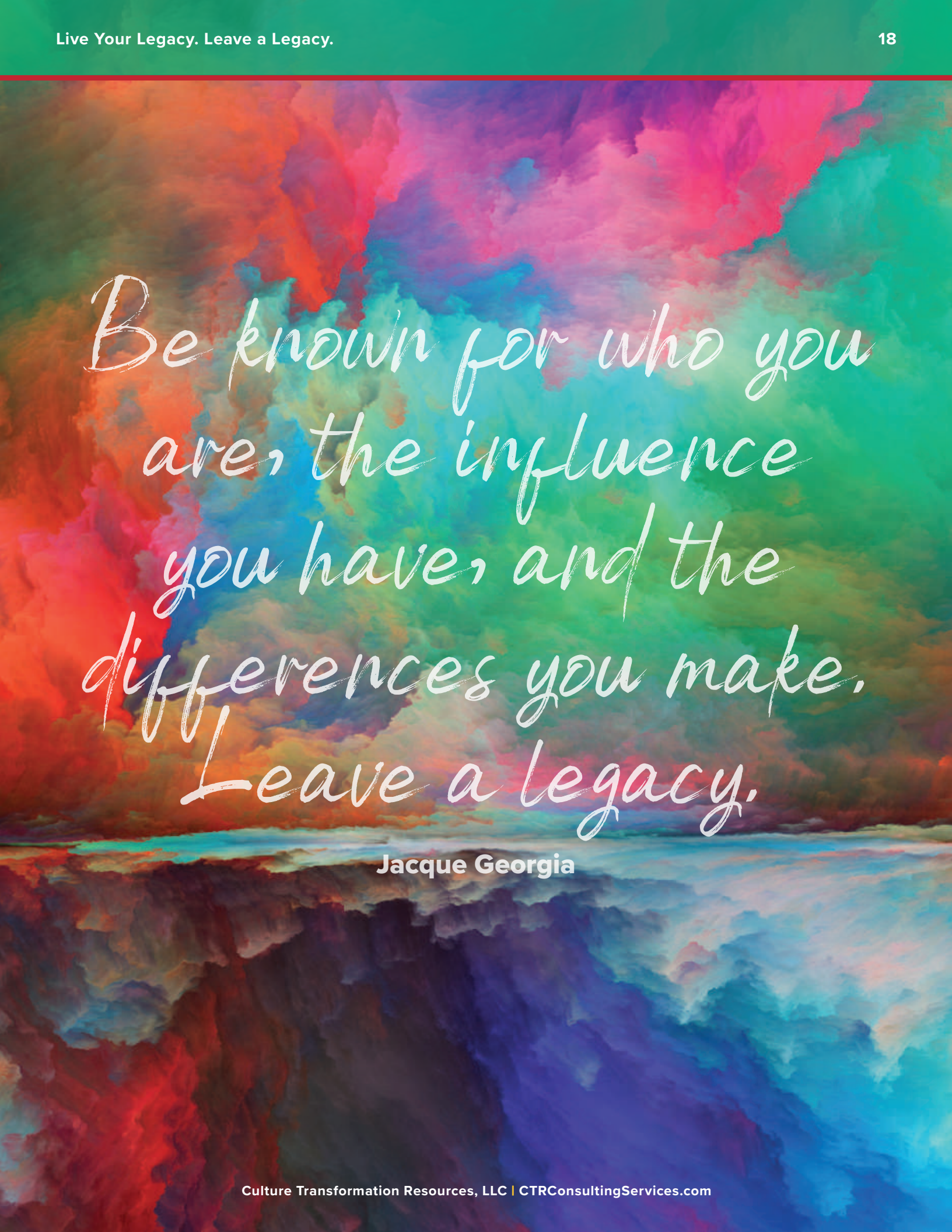
# *Draft Your Why, Your Legacy*

## **To**

(Your Contribution, Cause or Service)

## **So That**

(Impact)



Be known for who you  
are, the influence  
you have, and the  
differences you make.  
Leave a legacy.

Jacque Georgia

## My Key Actions



*I am aligned with my mission in life. I am perfectly aligned with my higher purpose. I always listen to my inner voice. I let myself be drawn by my life purpose — my Legacy.*

## Notes

# The Journey Begins

## Your Accountability Checklist.

### Next 48 Hours

- Start right away.
- Establish your accountability plan.
- Share with someone.
- Review this workbook and your commitments.
- Celebrate.
- \_\_\_\_\_
- \_\_\_\_\_

### Next 7 Days

- Finalize your Legacy Statement.
- Start your next training session.
- Share your story with others.
- Celebrate.
- \_\_\_\_\_
- \_\_\_\_\_

### Next 21 Days

- Put your Legacy into action.
- Review and practice 10 Keys.
- Share your successes with others.
- Celebrate.
- \_\_\_\_\_
- \_\_\_\_\_





## About Our Facilitator

### Ms. André Hannemann Harris

President of Culture Transformation Resources, LLC

André is passionate about empowering others to find, create and live their Legacy. The Legacy she strives to live every day is to Bless the lives of others, one person at a time, one experience at a time and to be a positive change in the world.

This workshop is one of many in a series for elevating your life, personally and professionally.

### More Legacy Workshops

- Create and Live Your Legacy - Deep Dive.
- Create Your Personal Brand.
- Align Your Values with Your Legacy.
- Design Your Legacy Roadmap.
- Identify and Prioritize Your Big Rocks.
- Visualize Success.
- Balance Your Mind, Body and Spirit.
- Increase Your Emotional Intelligence (EQ).
- Awaken and Be Your Authentic Self.
- Transform Your Inner Critic to Inner Coach.
- Look for the Rainbow and Embrace Change.
- Cultivate an Attitude of Gratitude.
- Take Action and Make It Happen.

### Leadership Workshops

CTR also provides extensive training programs for all levels of leadership, from C-suite to front line. In addition to creating and facilitating Legacy and Leadership workshops, André provides executive coaching, life coaching, mentoring and delivering keynote speeches. Her true love is serving and empowering women and youth.

### Our Story

In 2013, André left the corporate world to launch her own consulting firm, Culture Transformation Resources, LLC (CTR). André shares with her clients over 25 years of knowledge and experience in Culture, Customer Experience, Training and Development. CTR provides consulting services with a focus on Culture and CX strategy and design, partnering on all elements from design to execution and long-term sustainability. André's roots are in hospitality and travel (30+ years) with additional experience in real estate development, mixed use and multi-family, luxury retail and luxury automotive.

André is grateful to partner with great client companies like BMW, Allstate Insurance, Howard Hughes Corporation, Brookfield Properties, Camden Property Trust, Trammell Crow Residential, Northwood Retail, DLC Management Corp, Centennial Real Estate and more.

André was born in Manhattan Beach, CA and grew up between there and her beautiful hometown of Laie on the north shore of O'ahu, Hawaii.

Her greatest blessing and joy in life is her Ohana: husband Dwayne; children: Taryn, Brian, Nui, Melanie and London; and grand babies: Ammon Jay and Ella.

# Connect With André

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*Be the change  
you wish to see  
in the world.*

Ghandi