

Consider Your Own Legacy - How Do You Want to Be Remembered?

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What do Albert Einstein, Marie Curie, Martin Luther King Jr., Sojourner Truth, and Helen Keller all have in common? They were all people who impacted the world by the way they lived their life and left a lasting legacy. Many others who less well-known have surely made an impression on your own life--teachers, scout leaders, youth pastors, parents and more.

As a child, I was deeply moved by the life of Albert Schweitzer. The overarching principle that guided him was 'reverence for life', a philosophy that took him to the jungles of Africa, where he healed many and touched the lives of millions worldwide. It impressed me that when he was awarded the Nobel Peace Prize of 1952, used the \$33,000 prize money, and started the leprosarium at Lambaréné. I used to have a quote from him beside my desk: "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

If you are thinking about what legacy you want to leave, consider the following questions:

- **What Values and Beliefs Are Most Important to You?** Your core values and beliefs are a fundamental part of your legacy. What principles and ideals do you want to pass on to future generations?
- **How Do You Want to Be Remembered?** Think about the qualities and characteristics you want others to associate with you when they remember you. Is it kindness, integrity, resilience, creativity, or something else?
- **What Causes and Issues Are You Passionate About?** Your legacy can be tied to the causes or issues you are passionate about. What positive change or impact do you want to make in these areas?
- **Who Do You Want to Influence or Inspire?** Consider the people you want to influence, inspire, or support. This might include your family, friends, community, or even society.
- **What Accomplishments or Achievements Will Reflect Your Legacy?** Think about the specific accomplishments, projects, or contributions you want to be remembered for. These can be personal, professional, or related to your community involvement.
- **How Are You Actively Working Toward Your Legacy?** Identify the actions you are currently taking to build your legacy. This may involve volunteering, mentoring, creating art, writing, or any other meaningful pursuits that align with your legacy goals.
- **How Are You Developing and Passing on Your Wisdom and Knowledge?** Consider how you are sharing your wisdom and knowledge with others, especially the younger generation. This can be through teaching, mentoring, or documenting your experiences and insights.
- **Are You Leading by Example?** Living in alignment with your values and beliefs is a powerful way to lead by example and inspire others to do the same.
- **What Is Your Impact on Relationships?** Reflect on the quality of your relationships and the positive impact you have on the people around you. Building strong, positive relationships can be an integral part of your legacy.

- **How Are You Giving Back?** Giving back to your community or causes you care about is a significant way to build a legacy. Consider how you are contributing to the well-being of others.

For more on my own legacy, read last week's blog post:

www.coachmyrna.org/blog/leaving-a-legacy

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If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.

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