

Creating a Legacy Document

“Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you.”

—Shannon L. Alder

What is legacy work?

Legacy work is an opportunity to build your legacy and make connections with people in your life. Through legacy work, you can share:

- Your passion, what you love
- What you have learned in your life
- Experiences and how they have changed you
- Your values and how your experiences have shaped them

Why should I do legacy work now?

An illness offers you a chance to:

- Recall the joys and sorrows of your life
- Think about the lessons you learned
- Pass on those lessons to the people who are important in your life

How do I pass on my legacy?

- Create or do something that you are passionate about, such as poetry, art work, music, jewelry.
- Create an oral history
 - Step 1: Create a list questions. Visit StoryCorps for ideas: storycorps.org/participate/great-questions/
 - Step 2: Record your answers (video, audio only, or written)
 - Download the StoryCorps app for tools to help you prepare interview questions and to record conversations on your cell phone. Ask family, a friend, or a Spiritual Health clinician to help you.

- Create a scrapbook with pictures to go with your stories
- Create an ethical will or legacy letter. These pieces often include:
 - What is important for you to leave behind
 - Words of love
 - Requests for forgiveness
 - Your values, desires
 - Blessings (either in your life or for others)

Where can I learn more?

Contact SCCA’s Spiritual Health team at **(206) 606-1099** or **spiritualhealth@seattlecca.org** to learn more about legacy work. Our team is eager to partner with you on this important and meaningful project. You can also visit these websites for more information:

- Storycorps.org
- [Seattletimes.com/sponsored/create-an-oral-history-to-share-your-familys-experience/](http://seattletimes.com/sponsored/create-an-oral-history-to-share-your-familys-experience/)
- [En.wikipedia.org/wiki/Ethical_will](http://en.wikipedia.org/wiki/Ethical_will)
- [Celebrationsoflife.net/ethicalwills/examples/ewill-ex7/](http://celebrationsoflife.net/ethicalwills/examples/ewill-ex7/)
- [Psychologytoday.com/us/blog/one-true-thing/201709/new-book-how-write-forever-letter](http://psychologytoday.com/us/blog/one-true-thing/201709/new-book-how-write-forever-letter)

**Please contact Spiritual Health if you would like to do legacy work.
We are eager to help you.
(206) 606-1099
spiritualhealth@seattlecca.org**

“A legacy is a gift. It comes from our experiences, challenges, and successes in life. We can pass this gift onto future generations by sharing our stories and our wisdom.”
—Carol Kummet

Reference:

Kummet, Carol. UWMC Palliative Care Social Worker. *The Last Gift: Moving through grief by leaving a legacy*. Retrieved from <https://slideplayer.com/slide/7742667/>