



PREPARING TO TELL YOUR STORY

A WORKBOOK FOR REFLECTION,
MEMORIES & YOUR LEGACY LETTER



*Your story is one of a kind.
This workbook will help you reflect,
prepare, and share the moments,
lessons, and love that define your life—
for the people who matter most.*



Our lives are
made up of
moments.
Our stories
give them
meaning.



HONOR YOUR PAST • SHARE YOUR PRESENT • INSPIRE YOUR FUTURE



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WHY YOUR STORY MATTERS

*Your story is more than memories—
it's a legacy of love, strength, and wisdom.*

Every life holds a story worth telling. The moments you've lived through—the joys, the challenges, the lessons, and the people—have shaped not only you, but also the lives of others.

By sharing your story, you give future generations a gift they will cherish: a deeper understanding of where they come from, who they are, and what truly matters.

WHEN YOU SHARE YOUR STORY, YOU:



PRESERVE YOUR MEMORIES

Capture the moments and details that matter most before they fade with time.



CONNECT WITH LOVED ONES

Bring family and friends closer through shared stories and laughter.



PASS DOWN VALUES & WISDOM

Share the lessons you've learned so others can benefit from them.



INSPIRE FUTURE GENERATIONS

Your journey can encourage others facing their own challenges.



LEAVE A LEGACY OF LOVE

Your story is a lasting reminder of the life you lived and the love you gave.

TAKE A MOMENT TO REFLECT

*Why is it important to you to share your story?
Who do you hope will benefit from it?*

WHO IS YOUR STORY FOR?

I hope my story will be treasured by:

“ We don't write our stories to be perfect.
We write them to be remembered. ”



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PREPARING FOR YOUR CONVERSATIONS

*Every story begins with preparation.
These reminders will help you feel ready and supported.*

Talking about your life can bring up amazing memories—and sometimes difficult ones. It's natural to feel a mix of emotions. These tips will help you step into the process with confidence, comfort, and grace.

THINGS TO KEEP IN MIND



MEMORIES

Memories may come quickly—or take time. Some details may be clear, while others might be forgotten. Both are perfectly okay.



EMOTIONS

It's normal to feel laughter, joy, sadness, pride, or even tears. Allow yourself to feel what comes up and know that every emotion is valid.



EXPECTATIONS

There is no right or wrong way to share your story. You are in control of what you share and how much you share.



VULNERABILITY

Sharing your story is an act of courage. You decide what feels comfortable and what you want to keep private.

TIPS FOR A COMFORTABLE EXPERIENCE



CHOOSE A COMFORTABLE SPACE

Find a quiet place where you feel relaxed and free from interruptions.



PACE YOURSELF

We'll take it one conversation at a time. You don't have to remember everything all at once.



TAKE BREAKS WHEN NEEDED

It's okay to pause, step away, and return when you're ready.



BE KIND TO YOURSELF

You've lived a full life. Every moment—the beautiful and the challenging—has shaped who you are.



ASK FOR SUPPORT

Lean on family, friends, or your memoir writer. You are not alone in this process.

A PROMISE TO YOURSELF

I give myself permission to share my story in my own way and in my own time. My memories, my experiences, and my voice are important. I honor my journey and trust that my story will make a difference.

*My story.
My way.
My legacy.*



There is no timeline for your story. There is only the right time for you.

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IT'S OKAY TO REMEMBER SLOWLY

*Your memories will come in the right order—
in the right time.*

Some memories arrive quickly, clear as day. Others take time. And some may surface only after a gentle prompt, a photograph, a familiar place, or a meaningful conversation. There is no rush.

You do not have to have it all figured out before we begin. There are no wrong answers and no pressure to be perfect. We are simply gathering pieces of a beautiful life—one memory at a time.

*Some of the most
important memories
take time to surface.
And that's okay.*



BE GENTLE WITH YOURSELF



MEMORIES TAKE TIME

Give yourself
permission to
recall memories
at your own pace.



IT'S NORMAL TO FEEL

Emotions may
arise as you
remember.
That is natural.



YOU DON'T HAVE TO DO IT ALL

You can share a little
today and more
another day.



SMALL PIECES MATTER

Every detail, even
the little ones,
help tell the story
of your life.



WE ARE IN THIS TOGETHER

I am here to listen,
guide, and help
you every step
of the way.

REMEMBER

*You are the expert
of your life.*

*There is no right
or wrong way
to share your story.*

*What matters most
is that it is
your truth.*

*Your story is
worthy of being
remembered.*



WHAT WOULD HELP YOU FEEL MOST COMFORTABLE AS YOU SHARE YOUR STORY?

Think about anything that would help create a safe and supportive space for you.

IS THERE ANYTHING YOU WOULD LIKE ME TO KNOW?

*Is there anything important you would
like me to keep in mind as we begin?*

*Your story is a gift—not only to you, but to the people who love you
and the generations who will follow.*



IMPORTANT TOPICS TO REFLECT ON

*Your life is a collection of chapters,
each one shaping who you are today.*

The topics below can help guide your memories and conversations. There is no right order—go where your heart leads you.



TOPICS TO HELP YOU REFLECT AND REMEMBER



CHILDHOOD & FAMILY ROOTS

Where you came from, the people who raised you, family traditions, early memories, and the lessons you learned.



LOVE & RELATIONSHIPS

The people who have loved you, partnerships, friendships, and the relationships that shaped your life.



LOSS & GRIEF

The goodbyes that were hard, the people you've lost, and how those experiences changed you.



TURNING POINTS

The moments that shifted the direction of your life and opened new doors or closed old ones.



LESSONS LEARNED

The wisdom you've gained, mistakes that taught you, and truths you hold close today.



BUSINESS & CAREER JOURNEY

Your work, your passions, challenges you overcame, accomplishments, and what you're most proud of.



INSPIRATIONS & INFLUENCES

The people, experiences, books, or ideas that inspired you and helped shape your path.



THE DIFFERENT PATHS I HAVE TAKEN

The choices you've made, the roads you followed, and the ones you chose not to take.



RISKS, REINVENTIONS & SECOND CHANCES

The risks you took, the times you started over, and what you discovered about yourself.



VALUES I HOPE TO PASS ON

What matters most to you and the principles you hope will live on through future generations.

WHAT TOPICS FEEL MOST IMPORTANT TO YOU RIGHT NOW?

Is there a particular chapter of your life you feel called to share first?

NOTES TO SELF

Anything you want to remember or come back to later.

*Your life is a tapestry of moments—each one woven with purpose,
love, and meaning. Your story is worth remembering.*

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WRITING A LEGACY LETTER

*A legacy letter is a gift from your heart—
a message of love, wisdom, and encouragement
for those who will come after you.*

Your legacy letter can be for your children, grandchildren, great-grandchildren, or future generations. It can be read now or many years from now. It is a way to share what matters most to you—lessons learned, values you hold dear, and the hopes you have for the people you love.



*There is no right or wrong way to write your letter.
Speak from your heart.
You don't have to be perfect—just sincere.*



*My wish for you
is that you always
know how deeply you
are loved and how
capable you are of
amazing things.*



WHAT A LEGACY LETTER CAN INCLUDE



LOVE & GRATITUDE

Tell them how much you love them and what you are most thankful for.



LIFE LESSONS & WISDOM

Share the lessons you've learned and the wisdom you hope will guide them.



HOPES & DREAMS

Share your hopes for their future and the dreams you encourage them to pursue.



VALUES & BELIEFS

Pass on the values, beliefs, and traditions that have shaped your life.



ENCOURAGEMENT & SUPPORT

Offer words of encouragement for the challenges and opportunities ahead.



STORIES & MEMORIES

Share stories, memories, and moments you never want them to forget.

BEFORE YOU BEGIN, TAKE A FEW MOMENTS TO REFLECT



WHO IS THIS LETTER FOR?

Who are you writing to?



WHAT DO YOU MOST WANT THEM TO REMEMBER?

What do you hope stays with them long after you're gone?

“

*The words you write today can become
a guiding light for tomorrow.*

”



THE DIFFERENT PATHS I HAVE TAKEN

*Every choice, every turn, every road not taken—
they have shaped who you are today.*

Life is not a straight line. You have explored, learned, detoured, circled back, and sometimes started over. Each path—chosen or unexpected—has brought you here.

Take time to reflect on the roads you've traveled, the ones that led you somewhere beautiful, and the ones that taught you something you couldn't have learned any other way.

*The path I'm on
now is a reflection
of every path
I've been on.*



1. THE PATHS THAT LED ME HERE

List the major paths, choices, or directions your life has taken.

2. THE PATHS I'M MOST GRATEFUL FOR

Which paths brought you the most joy, growth, or meaningful experiences? Why?

3. THE DETOURS THAT TAUGHT ME

What unexpected turns, challenges, or mistakes became valuable lessons?

4. THE ROADS NOT TAKEN

Are there paths you sometimes wonder about? What did (or do) they represent for you?

5. WHAT I'VE LEARNED ALONG THE WAY

What do all of these paths—every choice, every turn—teach you about yourself, life, and what matters most?



*All of your paths, seen and unseen, have led you to this moment.
And this moment is part of your beautiful story.*



BUSINESS & CAREER JOURNEY

*The work you've done has made an impact.
Take time to reflect on the journey,
the challenges, and the legacy you've built.*

Your career is more than a job title. It's a story of purpose, perseverance, leadership, and growth. Reflect on the chapter you've written in the world of work and the value you've created for others.



PROUDEST ACCOMPLISHMENTS

What achievements are you most proud of in your career? What are the moments that stand out most?



BIGGEST RISKS & LEAPS

What risks did you take that shaped your path? What would you take again without hesitation?



LESSONS FROM LEADERSHIP

What lessons have you learned about leading, managing, or inspiring others?



WHAT I BUILT

What are you most proud to have built or created—whether a business, team, project, or culture?



BIGGEST LESSONS LEARNED

What are the most important lessons your career has taught you?



WHAT I HOPE PEOPLE REMEMBER

When people think of your work and your contribution, what do you hope they remember most about you?



BEYOND THE TITLE

If your career were to be summarized in a legacy statement, what would it say?



INSPIRATIONS & INFLUENCES

No one succeeds alone. The people we meet, the ideas we discover, and the experiences we live through all leave a lasting mark on who we become.

This page is for honoring the influences that helped shape your story.



MENTORS & GUIDES

Who mentored or guided you along the way?
What did they teach you? How did their
support shape your decisions and direction?



INFLUENTIAL PEOPLE

Who are the people who have had the greatest influence on your life and career? What qualities did you admire most in them?



BOOKS & IDEAS

What books, lessons, or ideas have inspired you deeply? How have they influenced your thinking or your approach to life and work?



LIFE EXPERIENCES

Which moments—both joyful and challenging—taught you the most? How did these experiences shape your perspective and values?



VALUES & MOTIVATION

What values guide your decisions? What motivates you each day to keep building, creating, and contributing?

YOUR REFLECTIONS

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*"We are shaped by our influences,
but we become who we choose to be."*

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— UNKNOWN

THE STORY THAT LIVES ON

The story you are preparing to tell is more than a book—it is a legacy of your experiences, your wisdom, and your heart. It has the power to inspire, to guide, and to make a difference in ways you may never fully see.

A LEGACY OF IMPACT

What do you hope readers will gain from your story? What impact would you love this book to have?

WORDS FOR THE FUTURE

What advice, encouragement, or wisdom would you want to pass on to future generations?

WHAT MATTERS MOST

Looking back on your life and journey, what are the most important lessons you've learned?

A LASTING REMINDER

When your story is remembered, what would you most want it to say about you and the life you lived?

A NOTE OF GRATITUDE

Thank you for taking the time to reflect, remember, and share. Your story is a gift—not only to those who will read it, but to the world.

You have lived it. Now, you are preserving it.

“Your story is your legacy.
Write it well. Share it generously.
Let it live on.”

YOUR REFLECTIONS

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