

Living Legacy™ Worksheet



If you've ever asked yourself "how can I make a difference?" then this worksheet is for you. Whether we are aware of it or not, we all are leaving a legacy every moment of our lives. It is manifest in the lives of those we touch, and those we've let touch us. More than money or organizations or foundations, our personal legacy is something we can consciously direct right here and right now, and effect the world in a profound way. Why wait?

This worksheet was designed to hone your focus on your natural Legacy: that which you were born to live and to leave. **Take no more than 15 minutes to fill in this worksheet-** the first answers are usually the best ones. Doing this with the help of a friend or coach is recommended, but not necessary. Discover your Living Legacy™.

1a. Write down 10 positive qualities that describe you:

_____, _____,
_____, _____,
_____, _____,
_____, _____,
_____, _____,
_____, _____,
_____, _____,

1b. Circle top three

2. Write down 5 of your favorite activities (hiking, making love, singing, working, etc.):

_____, _____,
_____, _____,
_____, _____,

3. Make "theme" about the commonality present in activities listed in #2. Sample templates for themes to follow:

"These things involve _____ OR relate to _____ OR
look like _____ OR make me feel _____ OR
create _____." ETC.

4. List 5 things you would **definitely do** today if it were your last day on earth:

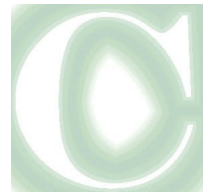
_____, _____,
_____, _____,
_____, _____,

5. Which two things in #4 are the most different than those already listed in #2? (rewrite them in spaces below)

_____, _____.

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6a. What are the top 5 Areas of Life that you speak about the most with others? (beauty, government, war, children, health, society, economics, elderly, spirituality, education, etc.): _____,
_____, _____,
_____.

6b. Which AoL in #6a have you've also written the most about? (in journals, letters, proposals, article, email, etc.. Choose one) _____.

7a. What 3 qualities do you admire most in others? _____,
_____, _____.

7b. Rewrite the most admirable quality in #7a above: _____.

8a. What 3 things do you transmit/teach/share most easily with others?
_____, _____,
_____.

8b. Which of these in # 8a is the most inspiring to others? _____.

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My Legacy Statement

It is my legacy to utilize my _____, _____,
(fill in blank from #1b) (fill in blank from #1b)

and _____, combined with the universal law of
(fill in blank from #1b)

_____ to “ _____ & _____ ”
(from #3) (from #5)

in the arena of _____.
(from 6b)

I will enjoy a community of _____ & _____
(any from #7a) (any from #7a)
individuals who support me in my endeavors.

As I develop the _____ in myself, I will naturally leave a legacy
(from 7b)
that illuminates The Way of _____.
(from 8b)