

## Legacy Writing Prompts

Following are three legacy writing choices. Sometimes it is helpful to write in a guided manner.

One possibility is to choose to write for several weeks, as designed by Dr. John F Evans. Here is his suggested program with some modifications for our readers:

For the purpose of your writing program, choose at least one option (*as listed below*). Try to write for at least twenty minutes. If writing is too difficult, speak into a tape recorder, or talk with another person, and ask them to write what you share.

### Choice # 1: Legacy Blessing

Write a blessing for someone that promotes their happiness, well-being, and prosperity. Write for twenty minutes. In your writing, affirm their gifts and talents. Consider the milestones they will encounter in their life and offer your wisdom and support. Give permission for them to love others and to enjoy life when you are no longer with them. Let the receiver know how they have blessed you and what they mean to you.

You may choose to follow this same guideline as you write blessings for as many people as you wish.

### Choice #2: Legacy of Gratitude and Joy

Write a statement of gratitude and joy about a person, specific event, or life experience. Write for twenty minutes. Describe your most joyous, wonderful, exquisite experience. Recall how you felt, what you thought, what you said, what others said to you, who was with you, and where you were. How do you feel about it now?

### Choice #3: Legacy Narrative

Write a short story about yourself on one of the topics below. Write for twenty minutes. Repeat as often as desired.

- \* Your rites of passage
- \* What an important experience taught you
- \* How something changed your life
- \* Your dreams attained
- \* Your frustrated dreams
- \* Your fondest memories
- \* Things you looked forward to in the past and things you look forward to now
- \* How you handle the difference between expectations, challenges, and frustrations
- \* What makes you get up in the morning
- \* What keeps you up at night
- \* How you unwind or how you don't
- \* What makes you resilient
- \* What five words you wish people would use when they describe you

*See more about Legacy Writing in Expressive Writing: Words that Heal. Pennebaker and Evans (2014)*