

# Writing My Values Story

Sometimes, the legacy writing that we want to share has to do with our values. People have found it helpful to reflect on the values that have helped to guide their lives. As we age, as we have diverse life experiences, we grow. Our values shift and change. Cancer is just one of many experiences that impacts our understanding of life and our value system.

Your Values Story is a personal document that you create in order to communicate your values, experiences, and life lessons to your family. By leaving your family this kind of document, you'll be leaving something meaningful behind, so they—and future generations—can learn from you and remember your stories after you are gone.

If you are interested in writing your Values Story here are some suggestions that may be helpful for you:

## **Approach One:**

Write over a period of time as thoughts come to you. This does not need to be overly organized. Simply have a notebook where over time, you write down a sentence or two about things like:

- Your current beliefs and opinions
- Things you did to act on your values
- Somethings you learned from grandparents / parents / spouse / children
- Somethings you learned from experience
- Somethings you are grateful for
- Your hopes for the future

Make a Title for your writing. It can be anything you want, from “*What You Might Want to Know About Nana’s Values*” to “*My Values’ Story*”.

Decide who you want to leave your Values Story with and how you will leave it.

## **Approach Two:**

You may wish to follow a Worksheet where you simply fill in the things that are valuable to you. As you will see below, you can cover a wide variety of subjects! You then can write as much or as little as you wish as you work your way down the worksheet:

### My Favorite Things

- My favorite place in the world is:
- My favorite artists (musicians, painters, actors) are:
- My favorite books are:
- My favorite movies are:
- My favorite foods are:
- My favorite sports and teams are:
- My hobbies are:
- My favorite sayings are:

### My Family

- The most important thing I learned from my parents is:
- The most important thing I learned from my grandparents is:
- The most important thing I learned from being a husband/wife is:
- The most important thing I learned from my children is:
- When I was growing up, these were our traditions:
- My favorite story about my mother is:

- My favorite story about my father is:
- Some things I'd like to share with you about my family when I was growing up are:

### My Professional Life

- The best job I ever had was:
- The worst job I ever had was:
- The reason I choose my profession/career was:
- If I had it to do over again, I would have become a:

### My Experiences

- Some of my fondest memories are:
- Some of the events that had the greatest impact on my life were:
- I am most proud of:
- I am most grateful for:
- One of the happiest moments of my life was:
- The people who have influenced me the most are:
- My biggest regret is:
- The hardest decision I ever made was:
- The most difficult time in my life was:
- In difficult times I have found comfort in:
- In my life, I was most afraid of:
- I would like to ask forgiveness from:
- I would like to offer forgiveness to:

### My Beliefs and Values

- My most fundamental belief is:
- My thoughts on religion and faith are:
- I believe that God is:
- My most valued traditions are:
- The causes that have always been important to me are:
- For me, success means:

### My Hopes for the Future

- The values I hope to pass on are:
- My wishes for my children are:
- My wishes for my grandchildren are:
- My wishes for my spouse are:
- A mistake in life I hope you can avoid is:
- An experience I hope you get an opportunity to have is:
- When you encounter hardship, I hope you will remember: