



Leaving a Legacy

As people get older, they increasingly express a desire to leave a legacy of meaning and purpose to future generations. There is a sense of wanting to give back and to create something of lasting value.

Your legacy may be a tree you planted, the volunteer hours you contributed, a foundation you started, art you created, or a story you wrote. Your legacy could be the values and skills you passed on to future generations with your teaching or parenting, or stories or gifts you've shared.

Questions to consider regarding your legacy:

How would you like to be remembered?

What are your deepest values and what matters to you?

How do you want to make your community (or the world) a better place?

What have you always wanted to do?

Is there a painting, book or song waiting inside of you ready to be shared with others?

Would you like to make a gift to support a charitable work that you value?

Would you like to be remembered for your volunteer work?

How will your actions influence others?

What do you want to contribute to the world?

[Leaving a Legacy](#) (link)

[Planning for Healthy Aging](#) (link)