

# Journaling Your Legacy

Presented by Distinguished Toastmaster Elaine Curry, DTM

## Legacy

#### **Definition:**

the long-lasting impact of particular events, actions, etc. that took place in the past, or of a person's life.

"He left us a rich legacy of buildings that are both innovative architectural creations and genuine works of art"

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### **Why Journal**

2023

### Purpose

To benefit those, you love once you are no longer here

- It creates a history of your life and can also be an economic benefit for your loved ones
- Help future generations to carry on for their future generations
- Your perspective is important. It takes away inaccuracies when narrated by someone else

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### **The Process**



### Step 1 Pick a style

Choose your (ie. Notebook, Diary stlyle, Photo Album etc



#### Step 4 Stories

Start writing - you choose your order, your frequency and the type of stories



#### Step 2 Choose a Title

My title is: Things You Should Know about Me



#### Step 5 The Keeper

Where do you store the Journal Who will receive a copy
Who inherits the continuation



#### Step 3 Outline

What you will include:

Family, important times, things I treasured and want you to know



#### Step 6 The Legacy

Make an effort to keep the Legacy going

### The Maintenance



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## My Story





## THANK YOU!

Questions