

RECORDING A LEGACY

LEGACY BUILDING THROUGH GRIEF

Legacy building can be helpful for grief

Legacy building can take so many creative and meaningful forms to help families, friends, and communities remember and honor their person who died. It's a comforting way to remind us how our person impacted our lives and the incredible meaning their life had. Legacy building allows us to reminisce on events, times in life, and moments that we still hold so near and dear in our hearts.

Legacy building can aid us in our grief as we acknowledge the reality of the losses we have endured and learn how to create a new relationship with our person as we move forward in life and grief. Opportunities to build or record a legacy are as unique as your relationship with your person. Think about the ways that would feel important to remember, honor, note, or connect with your person in a meaningful way.



Through recording a legacy, we are able to do a review of our person's life, but also our life. This can be helpful during times of grief when everything feels new, different, and a bit upside down. Take comfort in these times and remember the importance of continuing to live while we grieve.

a few legacy ideas:

- Writing a note or card to let someone know how much they were loved by your person.
- Journaling or creating a full memoir filled with important memories.
- Creating a scrapbook with pictures and stories to outline a life lived.
- Starting a fund/scholarship or donating to a cause in your person's honor.
- Keeping important traditions alive.
- Openly talking and sharing about our person and their thoughts/views/experiences/life lessons/etc.
- Find an online memorial site to share pictures and stories virtually.
- Using StoryCorps free app to record memories with family and friends.

[storycorps.org](https://www.storycorps.org)

Taking time to remember

People have shared that they would love to journal, write a memoir, or just jot down memories of their person - but their relationship was so dynamic they don't know where to start! We agree that it can be difficult to capture a life well lived and the depth of love and friendship.

So we encourage people to start with just one memory. You can write down what happened, how you felt, specific words that were said, or anything else that really stick out to you about that memory. Remember, there is no right or wrong way to record a legacy!

These entries may come to you in small bits, or when you take time to look at pictures or other meaningful items.



Maybe your type it out or just make small notes or bullet points. We all have our different creative outlets, as well as differing tolerances within our grief to take the time for these memories. Remember to stay in your comfort zone and allow yourself to go at your own comfortable pace.

Just to get you started, here are a few journaling prompts to get those memories flowing.

- What is something your person said to you that still warms your heart to this day?
- What is a fun adventure you had with your person that you never want to forget? What was your favorite part?
- What were some of your person's mannerisms or routines that will always remind you of them?
- What story or joke did your person used to tell that you can just hear them sharing in your head?

"Carve your name
on hearts, not
tombstones. A
legacy is etched
into the minds of
others and the
stories they share
about you."

SHANNON L. ALDER

