



WRITING A 'LEGACY LETTER'

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Goals and Purpose of Workshop



- Introduce the concept of legacy letters and ethical wills
- Provide a simple model for creating your legacy document
- Offer a few writing exercises to help you get started
- Offer some advice about how and when to share your letter

What is a legacy letter?



- A personal statement that you share with loved ones and preserve for future generations
- An opportunity to reflect on your life lessons, express your values and transmit your blessings

What is an ethical will?



- Another name for a legacy letter
- Different from your legal will
- A gift to yourself and your loved ones

Questions to Ask Yourself

- What are my values?
- What are my most important life lessons?
- What am I proud of?
- Who am I grateful to? What am I grateful for?
- What are my regrets?





Writing Exercise: Linking the Generations

Six Elements of a Legacy Letter

1. Introduction
2. Tell your story
3. Share your values
4. Express gratitude
5. Reflect on your regrets
6. Offer blessings and guidance

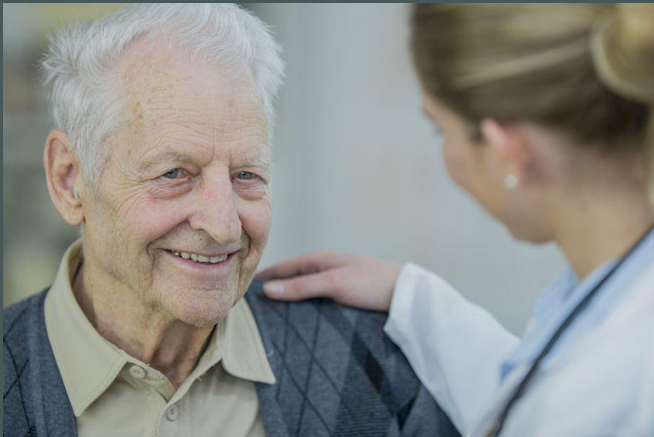
I. Introduction

- Choose a salutation
- Why are you writing this letter?
- Why are you writing it *now*?



2. Tell Your Story

- What really defines you?
- Soul stories, not ego stories
- Important choices and key moments in your life
- Lessons learned/insights



3. Share Your Values

- What principles and practices are really important to you?
- How do your stories reflect those principles and practices?



Writing Exercise: Life Lessons





- One thing someone taught you that has served you well
- One thing you've learned from being a parent
- One thing you learned from a setback or disappointment
- One thing you've learned from growing older or facing illness, grief or loss



4. Express Gratitude



- Who and what are you grateful for?
- How have others enriched your life?

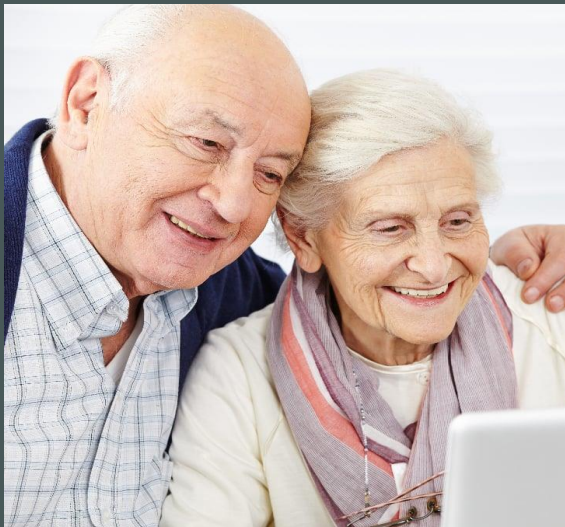
5. Reflect on Your Regrets



- When did you fail to live up to your values?
- What do you wish you'd done differently?
- What have you learned from your regrets?



6. Offer Blessings and Guidance



- What do you wish for your readers?
- Offer gentle advice and insights, not directions or instructions
- Be generous, wise, hopeful



Writing Exercise: Shaping Your Legacy





- “In their lifetimes, I hope the children I love will...”
- “I hope the children I love will think of me when they...”



Sharing your letter



- Before or after the end of your life?
- Let your recipients know you're planning to share it
- Choose a special occasion that offers time to discuss it



Preserving your letter

- Be sure it's not lost or destroyed
- Keep a digital file and a printed copy
- Print it on durable paper



Personalizing your letter



- Include a portion in your own handwriting
- Add a creative touch that expresses who you are



Audio or video legacy statements

- Technology has made them easy to create
- Allows people to see and hear you, not just read your words
- But a written document may help you to say something deeper or more meaningful



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