

**Below you'll find helpful resources, assignments and prompts [LONG]:**

1. Intro Paragraph
2. Apology
3. I Love You, I'm Proud of You, I Believe in You
4. Memories
5. Advice
6. Legacy Line / Last Paragraph
7. Letter Outline
8. Final Checklist

# Assignments

## 1. Intro

Write at least 1 sentence to your children for your intro paragraph.  
Answer the question, "Why are you writing this letter?"

**Example**

*I have never been shy of saying how much I love you. I hope those words always mean something to you. This letter is my way of expressing the depth and meaning of my love for you.*

*One thing I've always believed is that there are no accidents in life. Recently, Jeff - my friend and financial advisor - introduced me to a program called the Legacy Letter Challenge. I had been searching for a way to express many thoughts and feelings to you, but I was struggling to find the right approach. This seems like a great start.*

## 2. Apology

We ask for forgiveness not only because it's the right thing to do, but because we don't want anything to hinder our children from reading this letter.

Asking forgiveness expresses humility and draws people in closer.

There are two types of forgiveness you might ask for: general for all of your shortcomings and/or specific if you know that there is something weighing on your heart.

- Take Responsibility
  - Express Regret
  - Be Sincere by Expressing That You Understand
  - Own Up to Your Part...Not Theirs
  - Let Go of the Results...We cannot control their response
- Plan on putting the forgiveness section at the beginning.

**Example**

*Before I share with you a few important things, I want you to know that I know I have made mistakes as your dad/mom. For those times that I've come up short, I'm sorry.*

OR

*I know I have come up short as your father/mother at times. At the time I thought I was doing well, but looking back I realize I could have done better. I'm sorry.*

## **3. Three Questions Every Person Needs to Hear from Their Parents**

Your children need you to answer these questions:

### **1. Mom, Dad - How do you really feel about me?**

#### **- "I love you" and it's not conditional**

- When your children feel loved they know they are valuable, it gives them courage, it allows them to make mistakes, it produces joy, it gives them hope, it takes away fear, it makes them part of something bigger than themselves, it brings confidence.
- Don't hold back here. Come strong!

#### **Example**

*No matter what happens tomorrow or the next day, I want you to know that I'm going to love you no matter what.*

### **2. Mom, Dad - What Do You Believe About Me?**

- Unless you tell them what you believe about them, you might be surprised by what they think.
- **This is where you affirm them by saying "I'm proud of you"**
- Communicate simple truth (don't make up stuff that's not true)
- Praise their character, not the stuff they do. What are they made of deep down? (list is at the bottom)
- You can also share "You're good at..."
- Let them catch you talking about them. Do this in the letter by saying, the other day I was telling so and so about you.
- Failure is an opportunity for you to tell them how much you believe in them.

#### **Example**

*Cristian I am proud of the individual that you are.*

*You think independently and critically. You don't just think selfishly, but you consider others in your thought process. I am proud of you because you stay true to yourself even though it may not be popular with others.*

*Being willing to be true to yourself even though you may hurt/offend others, I believe is a key to a happy life. And you do that even at a young age. I am proud of you and admire you for that quality.*

### **3. Mom, Dad - What are Your Hopes For Me?**

- Help them think about the future...
- **This where you say "I believe in you"**

#### **Example**

*I want you to know that I believe in you.*

*No matter what happens in life or what curveball is thrown your way, you are going to make it. You've got what it takes.*

## **Assignment:**

Answer those three questions for each of your children.

**As you are thinking through what character traits to affirm your children in, here is a list of 100 to pick from.**

Positive character traits starting with 'A'

Accepting – can easily accept others without making judgments.  
Active – engages and participates in various activities.  
Adaptable – you can adjust to new situations.  
Affectionate – loving and warm-hearted.  
Alert – you can think clearly.  
Ambitious – is a person who has a strong desire to achieve his goal.  
Amusing – fun-loving and pleasant.  
Assertive – you are confident and determined.  
Attentive – watchful and aware of all the things happening around.

Positive character traits starting with 'B' & 'C':

Brave – you are ready to face all problems with courage.  
Broad-minded – you are open to changes, tolerant, and do not get angry.  
Careful – someone who is cautious with everything.  
Charming – you are beautiful, good looking, and attractive.  
Cheerful – happy and fun-loving person.  
Clever – you are intelligent and quickly link your ideas and actions.  
Compassion – kind-hearted and feels for others.  
Confident – being sure of oneself and aware of personal qualities and abilities.  
Courteous – A polite, well behaved, and respectful person.  
Creative – you can create new ideas and work on it.  
Curious – one who is eager to know things.

Positive character traits starting with 'D' & 'E'

Diligent – you work hard to achieve things in life.  
Dependable – a reliable person.  
Disciplined – you are the one who follows rules very well.  
Dutiful – being faithful towards his work.  
Easy-going – the person is happy-go-lucky and relaxed.  
Efficient – A well organized and systematic person.  
Energetic – you are active and do not get tired easily.

Positive character traits starting with 'F' & 'G'

Fairness – impartial and do not like to discriminate among people.  
Faithful – the person is loyal and devoted.  
Flexible – can easily adapt and adjust to any situation.  
Forgiving – A forgiving, merciful, and lenient person.

Friendly – easy person, warm and sociable.  
Generous – kind, unselfish, and open-handed in nature.  
Genuine – you are real and true.  
Graceful – A person who is beautiful and elegant.

#### Positive character traits starting with “H”

Hard-working – one who is efficient and can work with commitment.  
Helpful – have a strong desire to help others who are in need.  
Honesty – someone who is always truthful in his actions. Never tell lies or does wrong things.  
Hopeful – you are always positive about things getting better in life.  
Humility – you are modest and do not like to take pride.  
Humorous – you are funny, amusing, and entertaining.

#### Positive character traits starting with “I”

Imaginative – someone who can think of new ideas. You are resourceful to create new things.  
Impartial – someone who is unbiased and fair-minded.  
Innovative – can make new ideas, has a creative and experimental attitude.  
Integrity – having strong moral principles.  
Intelligent – is sharp, bright, and brilliant.  
Intimate – you can easily get into close connections.  
Independent – you can think and act on your own.

#### Positive personality traits starting with “J”, “K” and “L”

Jovial – fun-loving and carefree nature.  
Just – a fair-minded and righteous person.  
Kind – being friendly, caring, and considerate toward others.  
Liberal – An open-minded and respectful person.  
Logical – objective and straight forward in nature.  
Loving – You are compassionate and caring towards others.  
Loyal – you are faithful and can give constant support to others without complaining.

#### Positive character traits starting with “M”, “N” and “O”

Mature – someone who is dependable and sensible.  
Merciful – you are forgiving and soft-hearted.  
Meticulous – you are careful and like to do work perfectly.  
Modest – A timed and reserved person.  
Motivated – you can inspire, lead, and stimulate yourself and others.  
Neat – A clean and tidy person.  
Open-mindedness – are willing to consider new ideas easily.  
Optimistic – hopeful and confident about oneself.  
Organized – the person is systematic and orderly in his actions.

#### Positive personality traits starting with “P” & “Q”

Patient – someone who is uncomplaining and tolerant.  
Peaceful – someone who loves a calm and harmonious life.  
Playful – light-hearted and jolly.  
Pleasant – charming and lovable.  
Polite – soft-spoken and humble.  
Powerful – A person who is strong and shows physical power.  
Practical – a person who is sensible and realistic in solving problems.  
Punctual – you love to do things on time.

purposeful – A firm and determined person.

Quiet – someone who prefers to remain silent and listen to others.

Positive character traits starting with “R” & “S”

Reasonable – fair, sensible, and logical.

Reliable – A person who can be trusted easily.

Responsible – A person who can manage things well.

Righteous- someone who is law-abiding and follows morality.

Rational – one who works with reason and logic.

Self-confident – the person is aware of his abilities and qualities.

Sensitive – can easily respond to things.

Serene – peaceful and calm.

Simple – A straightforward and understanding person.

Sincere – being real, honest, and genuine.

Skillful – being expert and proficient.

Stable – a sensible and clear-headed person.

Strong – powerful and well-built.

Supportive – A sympathetic, caring and protective person.

Positive traits starting with “T”

Tactful – shows skill in dealing with difficult situations.

Talented – a skillful and gifted person.

Tidy – neat and well kept.

Trustworthy – honest and dependable.

Truthful – being sincere and genuine.

Positive personality traits starting with “U”, “V”, and “W”

Understanding – can get a clear idea of the concepts.

Unselfish – selfless and considerate in nature.

Valiant – courageous and disciplined.

Virtuous – being moral and ethical always.

Vital – someone who is indispensable.

Warm – friendly, kind, and pleasant.

Wise – someone who is sensible and enlightened.

## **4. Memories!**

These can be so powerful and are "bonus points" for your Legacy Letter! These memories will serve as illustrations for the points you've made in advice sections and in the "I Love You, I'm Proud of You, I Believe In You" Section.

**1. Be authentic**

**2. Be intentional**

- The purpose can be just as simple as "it made me proud."

### **Assignment**

**Come up with 5 memories that you will want to be in the letter. Write one sentence for each memory and answer the question "why do you have this memory?" for each one.**

### To brainstorm memories do this:

1. Just start listing memories of your children. You might end up with 10,20,30.

- You don't have to spend a lot of time writing out each one, this is just to get your memory going.
- If you are having trouble, think through each age of your child and see what comes to mind.
- You could also think through other events like their birth, events at school like a play, sporting events, family vacations growing up, church events, graduation, going to college, wedding, etc
- You can think through memories that show your love, show how proud you are of your children, how you believe in them, and your different points of advice.

2. Go back through and circle the ones you really want to share.

3. Decide where you want to share these in your letter.

## 5. You Are On Your Deathbed: What Life Advice Do You Give Your Children?

*In this section of the letter we'll guide our children. We'll give them the advice that will help them succeed in life.*

Close your eyes and imagine you are on your deathbed with 30 days to go. Your children have their entire life in front of them. What advice are you giving them?

Every parent has infinite more wisdom than their children. They need us and want us to give them some guidance as they navigate their life.

This will be a great exercise for you as their parent. You probably will need to spend some time thinking through your best advice.

Assignment:

**1. Create a lead sentence.** This will help you brainstorm and can also be used in the letter. Feel free to use this...

In life you are going to face many good times but you'll face many trials and challenges. I want to share with you a few things that I've lived by and learned that will help you as you navigate life.

**2. Make a list** of anything and everything that you might want to pass down

- Take 10 - 20 minutes. You can continue to add to your list as the week goes on.

- What did your parents pass down to you? Think through your children, what do they need based on their personality?

What have you learned in life? What advice do you have for health, finances, family, technology advice, when they face hard times? What spiritual advice do you have?

- Here are some questions that could get you thinking....

1. How do I become successful and how do I know when I'm successful?
2. What's your advice on relationships?
3. Who should I select to be in my inner circle?
4. What should my mindset be and is it important?
5. What's your advice on family?
6. What's your advice on spiritual matters?
7. How should I view money? Is it good, is it bad?
8. How should I make decisions?
9. Do you have any advice for getting past a failure?
10. Are there any quotes that are meaningful to you?

- After you've made your list, decide what you think are the top 4-6

### **3. Write a short paragraph for each of your 4-6 things.**

Answer this for each one:

1. What is it?
2. Why did you choose it?
3. How will this impact your life?

#### **Examples to begin the Life Advice section:**

*In life you are going to face many good times but you'll also face many trials and challenges. I want to share with you a few things that I've learned and tried to live by that will help you as you navigate life...*

OR

*I have made a lot of mistakes and learned a lot over the years. There are many things I would do differently knowing what I know now. Here are few of the things I would share with my 20 year old self if I could go back...*

### **4. How Your Beliefs Can Sabotage Your Behavior**

written by James Clear

There are many reasons why it can be hard to [stick to good habits](#) or develop new skills. But more often than not, the biggest challenge is sitting between your two ears.

Your mind is a powerful thing. The stories you tell yourself and the things you believe about yourself can either prevent change from happening or allow new skills to blossom.

Recently, I've been learning more about the link between our beliefs and our behaviors. If you're interested in actually sticking to your goals, building better habits, and reaching a higher level of achievement, then you'll love the research and ideas in this post.

Let's get to it...