



YOUR LEGACY

LEARN ABOUT YOURSELF
BY CONDUCTING AN
INTROSPECTIVE THOUGHT
EXPERIMENT



Brainstorm legacies that people leave behind. Think beyond inheritances, heirlooms, and debts. Be as broad as you can, e.g. physical traits, values, cultural heritage, etc. This will get your brain primed for the exercise.

Feedback on this exercise? E-mail me at hello@rose-prose.com

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make notes

Make notes or a mind map on all the things you want to leave behind when you're no longer on the planet--once again, thinking very broadly. Don't censor yourself; no one else needs to see this work!

step back

Now do a little analysis on your work (hint: you may want to wait a day or more so your ideas have a chance to percolate). You can think of your mind map as a kind of treasure map. Make notes on:

- Where is this map taking you? Others you care about?
- Did anything surprise you?
- What themes emerge?
- If you had to give an overall title to your list/map, what would it be?

write

Imagine that it's some time in the future after you're no longer here. Choose whatever timeframe you like: at your funeral, when your grandchildren are grown, many generations from now ... Write a short story about others experiencing your legacy.



reflect

- What did you learn about yourself through this exercise?
- What did you learn about your writing process?
- How do you feel about it all? What will you do about it?