

The Legacy Journal

Memories, stories and wisdom for the people you love.

THE GOOD PARENTS COLLECTION

A note before you begin

Leave your children more than money. Use these 50 prompts to preserve your voice, your values and your story. Write, record audio or video, or attach photographs. Repeat pages for each child and revisit them as life changes.

This resource is for personal organization and education. It is not legal advice, a will, a guardian appointment, a custody order, or an authorization to make decisions. Consult an attorney about applicable law and properly executed documents. Keep completed pages secure and share only with trusted people as appropriate.

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My beginnings

1. Where did I grow up, and what did my neighborhood feel like?

2. What is my earliest happy memory?

My beginnings • continued

3. Who made me feel safe as a child?

4. What did my childhood home look and sound like?

My beginnings • continued

5. What did I love doing after school?

6. Who were my childhood friends?

My beginnings • continued

7. What did my parents or caregivers teach me?

8. What family stories did I hear growing up?

My beginnings • continued

9. What was a challenge I overcame as a child?

10. What did I dream of becoming?

Family and love

11. How did I meet your other parent, or how did our family begin?

12. What do I remember about the day you joined our family?

Family and love • continued

13. What makes each of my children unique?

14. What am I most proud of about each of you?

Family and love • continued

15. What ordinary family moment do I treasure?

16. What makes us laugh together?

Family and love • continued

17. What family traditions do I hope you keep?

18. What recipe or meal tells our family story?

Family and love • continued

19. Who in our family should you know more about?

20. What places have special meaning to us?

Lessons and values

21. What does kindness mean to me?

22. What beliefs guide my decisions?

Lessons and values • continued

23. What have I learned about friendship?

24. What have I learned about forgiveness?

Lessons and values • continued

25. What does courage look like in everyday life?

26. What mistake taught me something important?

Lessons and values • continued

27. How do I handle disappointment?

28. What do I believe about money and generosity?

Lessons and values • continued

29. What does meaningful work mean to me?

30. What would I tell you about standing up for yourself?

Hopes for your future

31. What do I hope you remember when life is difficult?

32. What do I hope you discover about yourself?

Hopes for your future • continued

33. What would I tell you before your first big adventure?

34. What advice would I give about choosing a partner?

Hopes for your future • continued

35. What do I hope you learn about independence?

36. What do I want you to know about asking for help?

Hopes for your future • continued

37. What do I hope you never feel pressured to become?

38. What do I hope you celebrate about yourself?

Hopes for your future • continued

39. What do I wish for your relationships with your siblings?

40. What does a good life mean to me?

Letters and memories

41. Write a letter for a future birthday.

42. Write a letter for a graduation or new beginning.

Letters and memories • continued

43. Write a letter for a difficult day.

44. Write a letter for a moment of great joy.

Letters and memories • continued

45. What songs remind me of our family?

46. What photographs would I like to explain?

Letters and memories • continued

47. What objects carry a special story?

48. What stories would I like to record in my own voice?

Letters and memories • continued

49. What do I want you to know about how deeply you are loved?

50. What else would I like to say, in my own words?