

## SIX KEYS TO LEGACY LIVING

I have largely refrained from giving overt advice and strategies for action in this book, preferring instead to let the stories speak for themselves and, along with the questions for reflection, inspire each reader differently. But, of course, advice is embedded throughout this book, and as we near the end, I want to encourage you to take action in whatever way you are ripe for, called to, or willing to risk stretching for.

To that end, I leave you with these six keys to legacy living:

1. Live your legacy consciously *now*.
2. Live, as best you can, from the heart.
  - Cultivate the qualities of compassion, love, generosity, openness, and trust.
  - Use the heart (or soul, higher self, or whatever other name you choose) to guide your life and legacy choices.
  - Find your purpose or purposes, develop and express your gifts and your unique “signature presence.” Live *your* life, not someone else’s.
  - Forgive yourself and others, and make amends when possible.
3. Consider your legacy inheritance, especially those pieces that strongly affect who you are. Strengthen your ability to choose whether and how you want to pass them on.
4. Be aware and thoughtful about the legacies you have left and those you still want to give, whether through your essence, words, actions, public legacies, or personal artifacts, in your roles as parents, grandparents, and other family members, and as teachers and mentors; citizens of your communities of work (paid and volunteer), of leisure, of faith, of

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neighborhood, town or city, country, and world; trustees of the earth and the life and societies we bequeath to future generations.

5. Seek company and support for the legacy journey. Consider gathering or joining a legacy circle for exploring and creating legacies (see Appendix D). Let me know how it's going; I welcome your stories, comments, and suggestions.

6. Enjoy the ride! Just because your legacy is important does not give it leave to become a grim taskmaster. The hallmarks of living from the heart are feelings of aliveness, deep satisfaction, and joy. And that in itself leaves the world a better place.

My hope for *Legacies of the Heart* is that it will constructively change the way you think about your life and legacies and that, as a result, you will cultivate and disperse your blossoms, fruits, and seeds from your heart with more awareness and satisfaction. The world needs you to do this!