

Family

Engaging with legacy work can be difficult, but many people express feeling it is important and appreciate their efforts of having these discussions.

Legacy work can begin at any point during a lifetime. But people will not usually begin this kind of work until they feel they have a “reason” to – like a serious illness diagnosis.

This is heavy work. But it is important work to do – for your loved ones, but also for you. When faced with a cancer diagnosis, it is normal to feel you are confronting your own mortality. It can feel. To begin, it can be helpful to begin to define your goals in engaging in this work, and what legacy means to you:

What does legacy mean to me?

How do I want to engage with my own legacy work?

What do I hope you experience by engaging in legacy work?

While it can be comforting for you to engage with this work, it is very much for the people who will be left once you are gone.

Make a videotape diary

Write letters to your loved ones

Make audio recordings of your fondest memories, your thoughts, a favorite poem, a joke or anything else you'd like to share with your loved ones

Compile articles from publications, commentaries, selected fiction to reflect the values and philosophy of Life you lived up to

Make a photo album, scrapbook or memory box with pictures and other items that have special meaning to you

A wish list for what you'd like for your loved ones

Create a piece of artwork that reflects you and your life

Write your own obituary

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Books about Death, Dying and Grieving

On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss

By: Elisabeth Kübler-Ross, David Kessler, et al.

Finding Meaning: The Sixth Stage of Grief

By: David Kessler

Man's Search for Meaning

By: Viktor E. Frankl, Harold S. Kushner, et al.

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart

By: Alan D Wolfelt PhD and John DeBerry

Grief One Day at a Time: 365 Meditations to Help You Heal After Loss

By: Alan D. Wolfelt Ph.D