longevity in action

find your purpose

# Group Event: Write Your Living Legacy/Award Acceptance Speech

Imagine that you are at an awards ceremony and you are being introduced. What would you like to hear above everything else? What accomplishments, relationships or events would make you proud? What steps can you take now to ensure these things are part of your legacy? Or, what if you are giving an acceptance speech? What would you say?

# My Living Legacy/My Acceptance Speech

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Longevity in action
find your purpose

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or phrase to sum up the day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“What brings me joy?”

“What can I do to bring joy to others?”

**Consider how you would complete these statements:**

“I want to \_\_\_\_\_\_\_\_\_\_\_\_\_.”

“I like it when \_\_\_\_\_\_\_\_\_\_.”

**Journal Entry**

*“Your purpose lies within you. Dig deep and live your legend.”*

– Dr. Roger Landry

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