

YOUR BEST LIFE

This exercise is designed to help you reflect on how you want to be remembered once you're no longer here—especially by the children in your life. As we get older, it's common to hear things like "I should've done this or that" or "I regret...". But this exercise allows you to consciously write your legacy now so you feel you are focused on what truly matters.

It may feel unsettling to think about the future this way, but it's a **powerful tool for reflection**. It helps you recognize **what's truly important to you** and align your actions with the memories and lessons you want to leave behind.

How to do it? What can you include?

1. Personal values – What values and qualities would you like people to remember about you?

Example: "I'd like to be remembered as kind, generous, and patient, always willing to listen."

2. Family relationships – What kind of legacy do you want to leave your family?

Example: "I want my family to remember the time we spent together, the lessons I shared about respect, and the importance of staying united no matter what."

3. Relation with your child – What teachings or examples would you like to leave to the children in your life?

Example: "I'd love for my children to remember how I taught them the value of effort, responsibility, solidarity, and friendship. I want them to know that small actions can change the world and that life is meant to be enjoyed."

Why is this exercise important?

Writing about your legacy **helps you live more intentionally** and align with your values. It also gives you the chance to rethink certain attitudes or behaviors and **strengthen your positive impact on your children**. This isn't about regrets—it's about **preparing for a meaningful future**. Dare to think about your "big life" and write down how you'd like to be remembered. You can start creating that legacy today!

MY BEST LIFE - EXAMPLE

I'd like to be remembered as kind, generous, and patient, always willing to listen.

I want my family to remember the time we spent together, the lessons I shared about respect, and the importance of staying united no matter what."

I'd love for my children to remember how I taught them the value of effort, responsibility, solidarity, and friendship. I want them to know that small actions can change the world and that life is meant to be enjoyed."

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