“Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you.”
—Shannon L. Alder

**What is legacy work?**

Legacy work is an opportunity to build your legacy and make connections with people in your life. Through legacy work, you can share:

- Your passion, what you love
- What you have learned in your life
- Experiences and how they have changed you
- Your values and how your experiences have shaped them

**Why should I do legacy work now?**

An illness offers you a chance to:

- Recall the joys and sorrows of your life
- Think about the lessons you learned
- Pass on those lessons to the people who are important in your life

**How do I pass on my legacy?**

- Create or do something that you are passionate about, such as poetry, artwork, music, or jewelry.
- Create an oral history – see below for how to do this:
  - Step 1: Create a list of questions. Visit StoryCorps for ideas: [storycorps.org/participate/great-questions/](storycorps.org/participate/great-questions/)
  - Step 2: Record your answers (video, audio only, or written)
    - Download the StoryCorps app for tools to help you prepare interview questions and to record conversations on your cell phone. Ask family, a friend, or a Spiritual Health clinician to help you.
How do I pass on my legacy? Continued

- Create a scrapbook with pictures to go with your stories.
- Create an ethical will or legacy letter. These pieces often include:
  - What is important for you to leave behind
  - Words of love
  - Requests for forgiveness
  - Your values, desires
  - Blessings (either in your life or for others)

Where can I learn more?
Contact Fred Hutchinson Cancer Center’s Spiritual Health team at (206) 606-1099 or spiritualhealth@seattlecca.org to learn more about legacy work. Our team is eager to partner with you on this important and meaningful project. You can also visit these websites for more information:

- storycorps.org
- seattletimes.com/sponsored/create-an-oral-history-to-share-your-familys-experience
- aarp.org/caregiving/financial-legal/info-2018/ethical-will.html

Please contact Spiritual Health if you would like to do legacy work. We are eager to help you.
(206) 606-1099
spiritualhealth@seattlecca.org

“A legacy is a gift. It comes from our experiences, challenges, and successes in life. We can pass this gift onto future generations by sharing our stories and our wisdom.”
—Carol Kummet

Reference:
Kummet, Carol. UWMC Palliative Care Social Worker. The Last Gift: Moving through grief by leaving a legacy. Retrieved from slideplayer.com/slide/7742667