



*Ko tō ngākau ki ngā taonga a ō tīpuna
In your heart lay the treasures of your ancestors
(Tā Apirana Ngata)*

Legacy Thinking is about giving meaning to our lives by striving to achieve or contribute to something that we can pass on to others to follow or take up when we have gone. *Legacy Thinking* challenges us to choose to rise above the pace, pressures, complexities and ambiguities of life to contemplate the fundamental purposes for our existence. It invites us to stop and evaluate what we have done, are doing and are going to do. And where we're going to do it, with what and with whom.

“Leaving the shirt in a better place?” (J. Kerr, 2013)

- Positive *Legacies* are based on generosity and truth
- *Legacies* don't have to be big: they can be lots of little things too
- Whomever we are and whatever we've done before, we can start any time
- *Legacies* are often shared: parenthood; scientific discoveries; movements for organisational and/ or social change
- Meaning & direction are often found in unplanned events: seek out opportunities
- Creating a *Legacy* can be lonely, especially if the vision that we see and the work that we do cannot be understood by others at the same time as us
- Companions of meaningful and enduring *Legacies* include: quietness, dreaming, patience, faith, perseverance and self-compassion (and support where possible)

Balancing into Legacy: What would they be saying about you?

- A friend, relative or important person is talking about you at a farewell meeting, an awards ceremony, or even at your funeral. What are the key things that you would you like them to remember about you?
- Reading an article or biography in the future about you, what are the essential aspects of your life that are acknowledged?
- You have inherited a Legacy - e.g. a project, a way of being - that you value from the past/others before you. How have you preserved and enhanced this for those who follow?

Start now

- What will you do *today* which will make a positive difference to someone/ something?
- Reflect *tonight* - what did you do today that made a positive difference?
- Plan for *tomorrow* - what, even small, thing will you do tomorrow that will contribute to making a positive difference to someone and/or your environment?

*Our current reality is the sum total of all the Legacies -
good, bad or however we wish to label them - so far.
In what we choose to do now the reality of the future emerges.
(N. Scotton & A. Scott, 2015)*