

***Create Your Life's Times Chart: Remembering, capturing, connecting, and learning from experiences, patterns, stories~~explore your legacy***

**November 18, 1-5 PM**

\$55 Includes chart materials, facilitation, circle sharing, suggestions for further use, and an introduction to the writing of life legacy letters

The old saying is true. The more we remember, the more we remember.

As participants fill in the blanks of the chronologically ordered chart pages with short phrases that represent minor and major events in their lives, long forgotten memories surface. Categories are organized in a grid pattern, including family, other relationships, places, education, vocation, spiritual dimension, major events, etc. As one works / plays with the chart, often patterns or themes are identified that provide great new insights into our lives!

The chart can be added to as new old memories arise and connections become clearer. Further insight and awareness can be mined and /or pleasure enjoyed through reflective writing, giving us stories to write or tell, questions to ponder, aspects to share with others verbally, or in life legacy letters, and more.

Your Life's Times Chart can provide a tool that "keeps on giving:" autobiographical information, memories, insights; a banquet for thought, reflection, discovery.... And part of that discovery can be a new awareness of cause for celebration ~ for what you have explored, failed at (yes this can be a gift too), succeeded at, learned, given and received!

## ***Life Legacy Letters II: Complete the process!***

### **December 16th 9:30-5**

Time for completion! Move from DRAFT to Final on your “public” life legacy letter, or your most important “personal” one, and make substantial progress on the other!

## **Write Your Life Legacy Letters: Create the Best Gift, For yourself, for those you love.**

### **December 9<sup>th</sup> and 10<sup>th</sup> 9:30-4 & 9:30-2**

\$195 or \$175 each for two participants registering jointly. Includes optional ½ hour phone follow-up with facilitator. Participants bring a sack lunch.

We will reflect on their lives, writing to a series of prompts, exploring in depth our values, perceptions, life lessons, sorrows and joys, hopes and dreams for the world and for our loved ones, our gratitude, and more. Then we write a legacy letter (also called an ethical will) for those we care about the most, and perhaps for generations to come. We write this letter to impart comfort, inspiration, perhaps a little wisdom, gratitude, and last words of love. This process inevitably provides deep insight into ones life and provides a gift of inestimable value for those we love the most.

A two-part article on writing life legacy letters by Carolyn can be read online at <http://www.wncwoman.com>, October and November, 2013, The Most Important Letter We Will Ever Write, and The Last Love Letter